

GoZen!

**I MOVE...
I BREATHE...**



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To help our bodies grow big and strong, we need to keep our bodies moving! This series will demonstrate different yoga postures along with other physical techniques to keep our bodies healthy!

- Relieves feelings of anxiety and stress
- Improves sleep, respiration and energy
- Fosters connection between the mind and body



This series will be introducing various breathing and mindfulness techniques to relax the mind and body!

- Lowers stress levels
- Increases awareness, attention and focus
- Promotes clarity in thinking, perception and connectedness

I MOVE... I BREATHE...

I move...

Sun Pose



- 1) Inhale. Raise your arms over your head.
- 2) Exhale. Lower your arms back down

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I breathe...

Flower Candle Breath



- 1) Inhale through your nose and smell the flowers!
- 2) Exhale through your mouth and blow out the candle!

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I move...

Cloud Pose



- 1) Inhale and bend your knees.
- 2) Exhale and straighten your legs.
- 3) Lift your arms over your head.

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I breathe...

Take 5 Breathing



- 1) Pick a hand and stretch your fingers wide.
- 2) Take your pointer finger from your other hand and begin tracing your fingers slowly, sliding up and down.
- 3) As you slide up, inhale through your nose. As you reach your fingertips, pause. Slide down and exhale through your mouth.
- 4) Continue until you finish tracing your hand!

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I MOVE... I BREATHE...

I move...

Tree Pose

- 1) Stand up straight, extending your spine.
- 2) Rest your foot on your opposite ankle or above your knee and balance.
- 3) Bring your hands together at your heart or lift them high in the sky! Then switch feet.

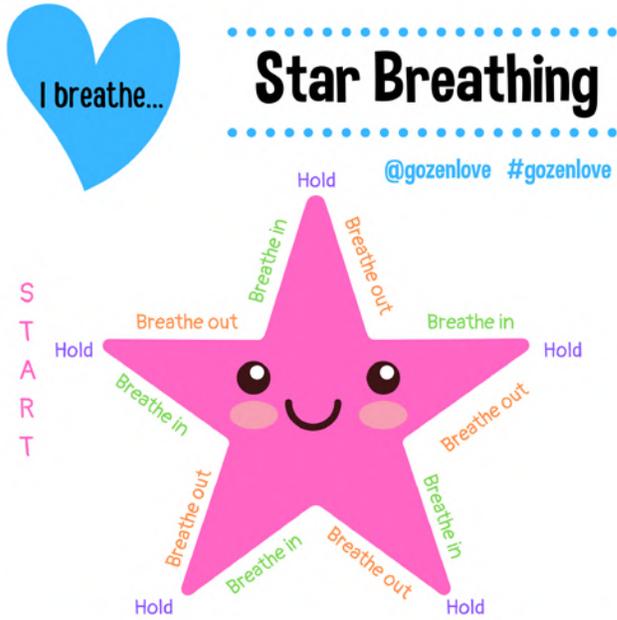


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I breathe...

Star Breathing

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START

Hold

Breathe out

Breathe in

Breathe out

Breathe in

Breathe out

Breathe in

Breathe out

Hold

Hold

I move...

Bird Pose

- 1) Stand tall and focus on one point.
- 2) Lift your foot, extend your leg behind you and balance. Then switch feet.



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I breathe...

"Sometimes the most important thing in a whole day is the rest we take between two deep breaths."
- Etty Hillesum



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I MOVE... I BREATHE...

I move...

Ladybug Pose

- 1) Stand in a wide leg stance, feet far apart.
- 2) Turn your feet out – your toes will point sideways instead of forward.
- 3) Inhale. Exhale, bend your knees and squat down. Bring your hands together at your heart. Relax your shoulders away from your ears.
- 4) Notice your strength!

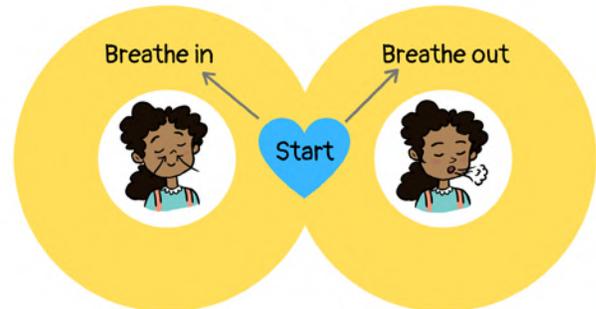


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I breathe...

Infinity & Beyond Breathing

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Take your finger and put it on start. Follow the arrows as you breathe in and out!

I move...

Crescent Moon Pose

- 1) Inhale, raise your arms and lengthen your spine.
- 2) Exhale and bend to one side, then the other side.



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I breathe...

Volcano Breath

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- 1) Start with your hands at your heart.
- 2) Inhale, bringing your arms up.
- 3) Exhale, bringing your arms down, like lava erupting!
- 4) Bring your hands back to heart. Repeat.



I MOVE... I BREATHE...

I move...

Star Pose



- 1) Spread your feet wide and press down.
- 2) Reach your arms out wide.
- 3) Breathe.

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I breathe...

Breathing Ball



- 1) Inhale. Open the ball wide.
- 2) Exhale. Close the ball tight.

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I move...

Bee Pose



- 1) Inhale and sit up straight with your arms back.
- 2) Exhale and lower your forehead towards the ground.

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I breathe...

Loving-Kindness Meditation



"May I be safe."
"May I be happy."
"May I be healthy."
"May I live with ease."

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I MOVE... I BREATHE...

I move...

Cat/Cow Pose



- 1) Start on your hands and knees.
- 2) Inhale and look up, letting your belly drop low.
- 3) Exhale and tuck in your chin, lifting your spine high. Repeat.

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I breathe...

Lion's Breath



- 1) Inhale through your nose.
- 2) Open your mouth wide, tongue out.
- 3) Look up towards your forehead.
- 4) Exhale through your mouth.
- 5) Repeat 4-6 times!

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I move...

Child's Pose



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- 1) Kneel with your knees spread wide and your toes touching. Inhale, and rest your weight on your heels.
- 2) Lean forward, laying your torso between your thighs. Exhale, and rest your forehead against the floor.
- 3) Lay your arms at your sides, palm up, and relax.

I breathe...

Square Breathing

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Breathe in 1-2-3-4



Hold 1
2
3
4

Breathe out 1-2-3-4

Hold 1
2
3
4

I MOVE... I BREATHE...

I move...

Warrior 1

- 1) Stand tall with space between your feet and step one foot back.
- 2) Angle your back foot slightly outwards, so your back foot isn't facing straight forward. Bend your front knee over ankle.
- 3) Inhale, lift up through your waist and stretch your arms up to the sky!
- 4) Exhale, push down through your feet. Bend deeper with your front leg. Breathe.



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I breathe...

Mindful Eating

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Grab an orange. Use all of your senses to examine it.

- Notice how it feels.
- What does it smell like?
- Is it smooth or bumpy? Squishy?
- Slowly peel your orange.
- How does it feel in your fingers?
- Is your mouth watering?
- Taste your orange.
- Notice how it feels on your tongue.
- Notice the flavor, and the juiciness as you chew each piece slowly.



I move...

Warrior 2

- 1) Stand in a wide leg stance, feet far apart, hands on your waist. Turn one foot out, facing forward, and bend into that knee.
- 2) Turn your head toward your bent leg and look forward. Stretch your arms out wide, parallel to the Earth.
- 3) Inhale, stretching through your fingers and knee.
- 4) Exhale, pushing down through your feet. Breathe.



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I breathe...

Triangle Breathing

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Start

Breathe in for 3

Hold for 3

Breathe out for 3

I MOVE... I BREATHE...

I move...

Peaceful Warrior



- 1) From Warrior 2, turn your front palm up toward the sky.
- 2) Inhale, reach your arm and chest up and then back.
- 3) Exhale, bend deeper with your knee, and push down through your feet. Breathe.

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I breathe...

Bubble Breath

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- 1) Dip your bubble wand into the bubble mix.
- 2) Take a big inhale - then exhale through your mouth.

Watch the bubbles float. What colors do you see? What sounds do the bubbles make when they pop?

I move...

Triangle Pose



- 1) Stand in a wide leg stance, feet far apart, hands on your waist. Turn one foot out, facing forward.
- 2) Stretch your arms out wide. Lean to one side, over your straight leg, and bring your arm down to your shin.
- 3) Reach your other arm up toward the sky and look up!

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I breathe...

Ocean Breath

Visualize the ocean waves... what do you hear? We're going to make that sound with our breath!



- 1) Imagine you're holding a mirror in your hand. Take a full breath, filling your belly.
- 2) Exhale as if you were fogging up the mirror!
- 3) Now try again, but this time keep your lips closed and hear the ocean sound in the back of your throat!

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I move...

Standing Forward Bend



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- 1) Stand tall. Inhale, reach your arms up to the sky.
- 2) Exhale, bend forward and slightly bend your knees. Bring your hands to your toes, your legs, or maybe a chair — wherever you can reach!

I breathe...

Rainbow Breath



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- 1) Inhale as you follow one color of the rainbow.
- 2) Exhale and follow the next color.
- 3) Keep going until you complete the rainbow!

I move...

Cobra Pose



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- 1) Lie on your belly with your legs straight out behind you.
- 2) Place your palms on the ground next to your shoulders; elbows point back.
- 3) Spread your toes and push down through your feet. Spread your fingers wide and push down through hands.
- 4) Inhale, lift your chest and roll your shoulders down your back. Exhale, feel your strong arms and hug in toward your body. Notice where you feel the stretch.

I breathe...

Snake Breath



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- 1) Inhale through your nose.
- 2) Exhale, making a hissing sound with your mouth. Try to make it last as long as you can!

I MOVE... I BREATHE...

I move...

Legs Up the Wall

- 1) Sit on the floor with your legs bent and your hips against the wall.
- 2) Swing your legs up the wall & lie back on the floor. Bring your tailbone close to the wall and relax your body.



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I breathe...

4-7-8 Breath

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- 2) Hold for a count of 7 Seconds



- 1) Inhale through your nose for 4 seconds
- 3) Exhale through your mouth for 8 seconds

I move...

Bridge Pose



- 1) Lie on your back with your knees bent and your feet hip-width apart.
- 2) Push down through your feet. Lift your hips up, keeping your arms and palms face down.

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I breathe...

Alternate Nostril Breathing

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- 1) Exhale fully.
- 2) Close your right nostril with your thumb. Inhale through your left nostril.
- 3) Switch and close your left nostril. Exhale through your right. Inhale through your right nostril and repeat!



I MOVE... I BREATHE...

I move...

Torso Twists

- 1) Take a wide stance with your feet apart.
- 2) Twist your torso side to side, swinging your arms loosely. Twist your entire upper body as you sway, keeping your hips and knees facing forward.

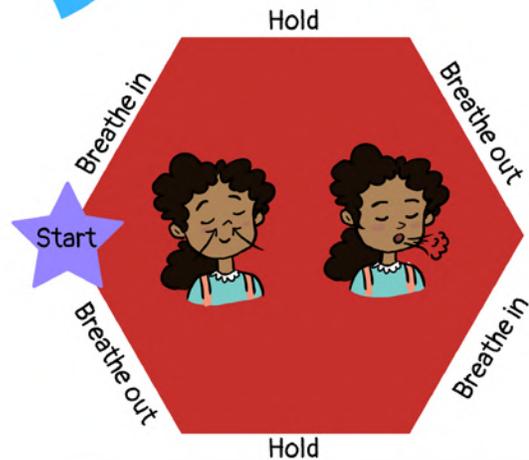


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I breathe...

Hexagon Breathing

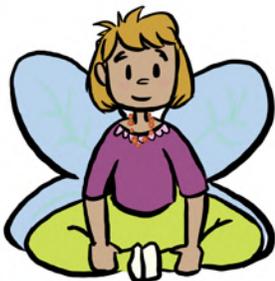
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I move...

Butterfly Pose

- 1) Sit on the ground, or on a blanket for support, with your legs straight in front of you.
- 2) Inhale. Exhale. Bend your knees, bringing the soles of your feet together so they touch.
- 3) Spread your knees wide, toward the floor. Press the soles of your feet together.
- 4) Wrap your hands around your feet or ankles - feel the stretch. Breathe in and out. Repeat.



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I breathe...

Bunny Breath

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- 1) Pretend you are a bunny holding a carrot. Take 3 quick sniffs through your nose!
- 2) Take one long breath out of your nose and relax.

I MOVE... I BREATHE...

I move...

Lizard Pose

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1) Start on your hands and knees. Step one foot forward in between your hands. Curl the toes of your back foot under and lift your back knee. Extend your back leg straight.

2) Walk your front foot over to your side and bring your hands inside your front leg. Stay here in a lunge position, or lower from your hands to your forearms.

3) Breathe in and out. Notice where you feel the stretch. Repeat on other side.

I breathe...

Breath Awareness

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While seated comfortably, relax and observe your breath. Don't change anything... Just notice each inhale and exhale...

I move...

Eagle Pose

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1) Stand tall. Lift one leg up with knee bent, and wrap it over the standing leg.

2) Balance! Bend the knee of your standing leg to help.

3) Wrap the arm on the same side as your bent leg under the other arm. Try bringing the palms of your hands together.

4) Balance! Keep hugging both arms and both legs together.

5) Switch legs and repeat.

I breathe...

Whale Breath

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1) Inhale deeply through your nose.

2) Hold your breath and count to 5.

3) Tilt your head up towards the sky and exhale forcefully through your mouth or "Blow Hole."

I MOVE... I BREATHE...

I move...

Chair Pose

- 1) Stand tall with some space between your feet.
- 2) Inhale, reach your arms up to the sky.
- 3) Exhale, bend your knees and sit back, as if you were sitting into a chair. Sink your hips back deeper into the imaginary chair as you arch your chest toward the sky.
- 4) Breathe in, breathe out, and then come to stand. Relax.



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I breathe...

Psychic Breathing

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- 1) Bring awareness to the space between your eyebrows, where your "third eye" would be.
- 2) Relax your brows and inhale. Notice the air rise from your nostrils to the space between your brows.
- 3) Notice the warmth of your exhalation. Repeat!

I move...

Revolved Chair Pose

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- 1) Start in chair pose. Inhale.
- 2) As you exhale, twist your torso to one side and bring the palms of your hands together. Hook your elbow outside your knee for support as your belly and chest stay in a twist, facing toward the side.
- 3) Inhale, exhale, and then come to stand. Relax.
- 4) Repeat on other side.



I breathe...

Bumblebee Breath

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- 1) Close your eyes.
- 2) Bring your hands to your ears and gently close them.
- 3) Inhale through your nose and quietly hum out as you exhale.





TERMS OF SHARING THE

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2. Please don't post these resources directly to your own website or on your own portal. Share our printables page instead (see #1). Thank you!
3. Please do join us on our FREE Facebook group where we are sharing positive interventions, printables, and resilience techniques every day! Go here: <https://facebook.com/groups/scienceofhappinessforkids/>

[GoZen! Programs](#) help kids Manage Stress and Build Resilience

All of our animated programs are research-based and rooted in science, and each program focuses on a different set of life skills to help kids thrive.



[GoZen! Anxiety/Stress Relief Program](#)

6 Modules / 36 Animations / 75+ Minutes of video

Does your child struggle with chronic worry or anxiety? The GoZen! anxiety relief program teaches your child how to understand and control their worry. And because stress, pressure and challenges are part of everyday life, these are skills your child will use forever.



[GoStrengths! Well-being + Resilience Program](#)

10 Modules / 115 Animations / 125+ Minutes of video

Arm your kids with well-being! GoStrengths! is a comprehensive social and emotional learning program focusing on 8 vital skills including goal-setting, optimistic thinking, problem-solving, resilience, character strengths, emotional regulation, social skills, and self-confidence.



[GoHackify! OCD Relief Program](#)

5 Modules / 30 Animations / 110+ Minutes of video

Is your child engaging in ritual behavior or plagued with repetitive, negative thoughts that won't stop coming back? This program follows Kai and Sage; two kids whose intrusive thoughts are affecting their everyday life. The Dynamos step in to teach them how to combat their "Brain Spam" and take back control!



[GoToTheNow! Mindfulness Program](#)

1 Module / 12 Animations / 40 Minutes of Video

Do you want to bring the art and science of mindfulness into your kids' lives? Join Neutrino's student, Tau, on this concise program that walks the kids (and adults!) of Fliderdale through some tried-and-true mindfulness exercises... with a GoZen! twist.



[GoPositive! Negative Thoughts Mini Program](#)

1 Module / 7 Animations / 30 Minutes of video

This succinct 7-animation mini-program walks teens and tweens through how to recognize when negative thoughts are taking over, and introduces 5 different tools they can use to break out of a negative thought cycle.



[GoWave! Panic Attack Mini Program](#)

1 Module / 12 Animations / 55+ Minutes of video

Neutrino and a brand new team are on an action-packed mission to Earth to uncover the truth behind panic attacks. Teens & tweens learn about their innate superpowers; the fight, flight, or freeze response; and how to understand and overcome the overwhelming feelings panic attacks cause.



[GoAction! Procrastination Relief Program](#)

1 Module / 6 Animations / 24+ Minutes of video

Taylor is totally awesome, but he's also totally disorganized, always late for class, and days behind on his homework. He's a chronic procrastinator! Luckily, he gets research-based tools to curb his procrastination from... his future self!

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