

Kids Yoga Poses

Taking time to move and breathe mindfully every day can help you feel your best! Here are some yoga poses for you to practice. Notice how you feel during each yoga pose. See if you can take a 'mindful breath' in each yoga pose by taking a big deep breath in and a long steady breath out.

Seated Pose

- Sit down
- Cross your legs
- Bring your hands to your heart
- Steady your breath
- "Kind hearts, kind words, kind thoughts."



"I am kind."

Warrior 2 Pose

- Bend front knee
- Straighten back leg
- Reach your arms wide
- Gaze out over your front hand
- Steady your breath



"I am strong."

Mountain Pose

- Stand strong on both legs
- Reach your arms high
- Relax your shoulders
- Steady your breath



"I am grounded."

Chair Pose

- Bend both knees
- Sink your weight back into your heels
- Reach your arms high
- Relax your shoulders
- Steady your breath



"I am calm."

Tree Pose

- Balance on one leg
- Place lifted foot on leg (not on your knee)
- Reach your arms wide
- Focus your eyes on something not moving
- Steady your breath



"I am steady."

Dancer Pose

- Balance on one leg
- Bend lifted leg behind you
- Hold lifted foot with hand
- Focus your eyes on something not moving
- Steady your breath



"I am balanced."