

✂ Cut out along the lines.



SHOWER TIME STOMP

WHOOOSH!!!



HOW TO DO IT:

-  **Stand Tall & Stomp:** Lift one foot and stomp down hard on your mat!
-  **Make a High Trunk:** Lift your clasped hands high over your head.
-  **Wait for the Signal:** Listen for "WHOOOSH!!!!" from your teacher or parent.
-  **Shower & Wiggle:** Release the water as you stomp down and wiggle your whole body!

TEACHER & PARENT TIP: *powerful stomp and a big, bubbly wiggle. The more water you imagine showering with, the better! Once finished, slide this card underneath your mat for the active game!*

HĀTHI Curriculum: Movement, Mindfulness, and Play | Ages: 2.5 – 6 Years.



BREATH LIKE A RABBIT (PRANAYAMA)

Shoo-shoo-shoo!



HOW TO DO IT:

-  **Sit Still & Calm:** Find a comfortable spot.
-  **Wrinkle Your Nose:** Make a cute, fast twitchy bunny nose!
-  **Catch the Breeze:** Cup your hands and hold them gently under your nose.
-  **Quick, Powerful Sniffs:** Take 3 short, strong sniffs in and out through your nose, feeling the air rush into your hands!

TEACHER & PARENT TIP: *Focus on the energy and speed of the breath. This is a quick energizing exercise to wake up the body and feel the diaphragm move!*

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FLUTTER LIKE A BUTTERFLY



HOW TO DO IT:

- 1 Sit Up Tall:** Start on your mat.
- 2 Make Diamond Feet:** Press the soles of your feet together.
- 3 Let Your Wings Drop:** Gently lower your knees to the sides.
- 4 Flutter & Fly:** Gently flap your knees up and down like butterfly wings!

TEACHER & PARENT TIP:
Keep the back straight and breathe deeply. Encourage kids to imagine they are colorful butterflies in a garden.

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HOP LIKE A FROG



HOW TO DO IT:

- 1 The Lily Pad Squat:** Crouch low like a little frog.
- 2 Plant Your Paws:** Hands flat on the ground between knees.
- 3 Take a Deep Breath:** Fill your belly with air.
- 4 RIB-BIT JUMP!** Push up and hop forward, making a fun sound!

TEACHER & PARENT TIP:
Little frogs love to wobble! If kids lose their balance, turn it into a playful game.

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SLIDE LIKE A SNAKE

HOW TO DO IT:

-  **Lie on Your Tummy:** Start flat on the floor or mat.
-  **Lift Your Heart:** Press into your forearms and gently lift your chest up, keeping your hips down.
-  **Take a Deep Breath:** Breathe in slowly as you rise, like a snake waking up.
-  **Hiss & Glide:** Slowly lower down and 'hiss' as you breathe out, sliding along your mat!

TEACHER & PARENT TIP:
Encourage kids to keep their movements smooth and controlled. They can make quiet or playful hissing sounds!

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WALK LIKE A DOG

HOW TO DO IT:

-  **Start on All Fours:** Hands and knees on the mat.
-  **Lift Your Tail:** Push your hips up high to make a triangle shape.
-  **Walk Your Paws:** Take tiny, slow steps forward with your hands and feet.
-  **Wiggle & Wag:** Gently wag your tail or lift a leg to say hello!

TEACHER & PARENT TIP:
Keep the spine long and encourage deep breaths. Kids can make playful dog sounds or gently 'wag' their tails!

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