

Kids Fun Yoga Poses

Here are some fun and simple yoga poses with playful names designed for kids. These stretches will help children engage and enjoy the practice while staying active!



1. Reach for the Stars Pose (Mountain Pose)

Stand tall with feet together, arms at your sides. Slowly raise your arms up to the sky like you're trying to touch the stars. Reach as high as you can!



2. Cat and Cow Pose

Start on your hands and knees. Arch your back up like a cat, then let your belly drop and look up like a cow. Keep alternating between cat and cow slowly.



3. Airplane Pose (Warrior III)

Stand tall, then lean forward with one leg stretched out behind you and your arms spread wide like airplane wings. Try balancing and soaring like a plane!



4. Butterfly Wings Pose (Butterfly Pose)

Sit on the floor, bring the soles of your feet together, and gently flap your knees up and down like butterfly wings. You can also pretend you're flying!



5. Cobra Pose

Lie on your belly with your hands under your shoulders. Push up with your hands, lifting your chest while keeping your hips on the ground. Imagine you are a snake slithering through the grass!



6. Tree Pose

Stand tall and slowly lift one foot, placing it on your other leg. Hold your arms above your head like branches. Try balancing and being a still, strong tree!



7. Downward Dog Pose

Start on your hands and knees, then lift your hips up to the sky to make a triangle shape. Walk your feet back if needed and wag your 'tail' like a dog!

