

# YOGA KIDZ

## Energising Yoga class

**Three Mindful Breaths, Rock, Cat/Cow, Down Dog, Three Legged Dog, Rock, Mountain Pose, Triangle Pose, Warrior 2 pose, Tree pose, Dancer pose.**



Remember to do the poses on both sides!

# SUN SEQUENCE

## START HERE

### MOUNTAIN POSE

Stand tall & take a mindful breath.



Come back to Mountain Pose. Repeat using your other leg at numbers: **4** & **7**

### FORWARD FOLD

Bend your upper body and reach for your toes.



### REACH ARMS UP

Reach your arms up to the sky.



### FORWARD FOLD

Bend your upper body and reach for your toes.



### LOW LUNGE

Step your right foot forward. Drop your left knee down.



### DOWN DOG

Curl your toes under. Lift your hips up for down dog pose.



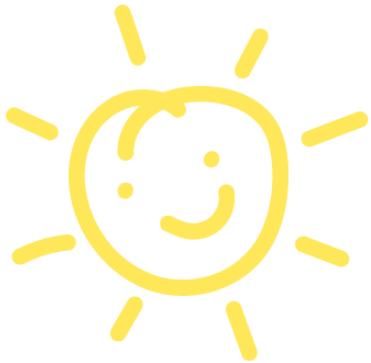
### LOW LUNGE

Place your hands on the ground. Step your left leg back, lower your left knee to the ground. Lift your chest.

### COBRA POSE

Belly comes to the ground. Place your hands under your shoulders and reach your chest up for cobra pose.





My Yoga & Mindfulness practice today was...

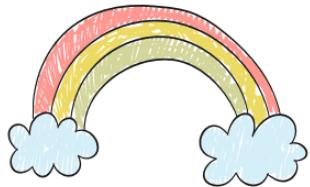
Today's mood:



Three things that made me feel happy today...

CALMING

## GRATITUDE JOURNAL



I AM SO  
GRATEFUL

### MAKE YOUR OWN GRATITUDE JOURNAL!

Draw or write down 2-3 things in your life that you are grateful for.

Perhaps this is a good friend or a family member, a teacher or even a pet you love. Include in your journal plenty of positive words about yourself.

Try doing this each and every day. Hang your words or drawings in a place where you can see them.

### Examples...



I AM GRATEFUL FOR MY FAMILY



I AM GRATEFUL FOR MY HOUSE



I AM GRATEFUL FOR MY SMILE



I AM GRATEFUL FOR MY CAT

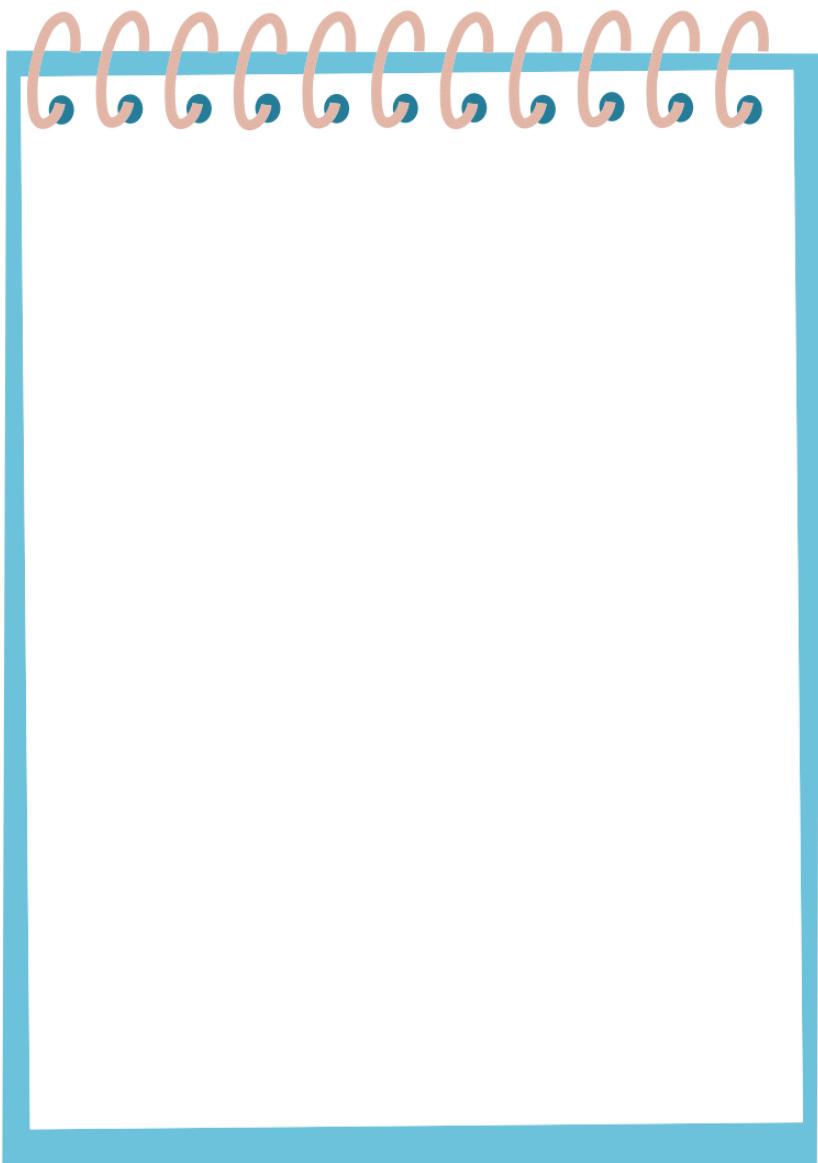


I AM GRATEFUL FOR YOGA!



Keeping a gratitude journal can make you feel happy and thankful.

Draw or write down 2-3 things in your life that you are grateful for.



I AM SO  
GRATEFUL

I am grateful for....

-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_

# SQUARE BREATHING

HOLD FOR 4

BREATHE IN FOR 4

BREATHE OUT FOR 4

Start  
here

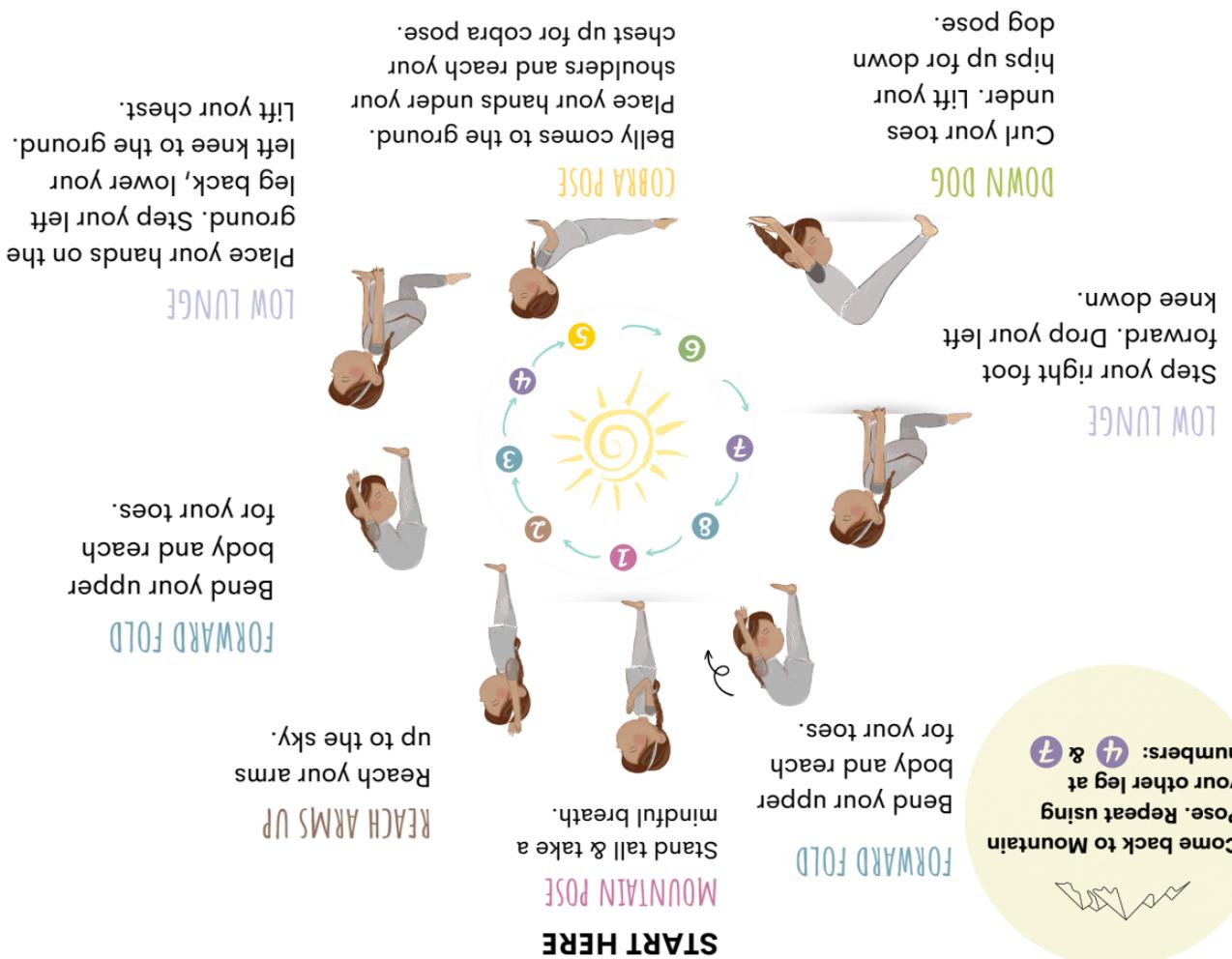
HOLD FOR 4

# STAR BREATHING

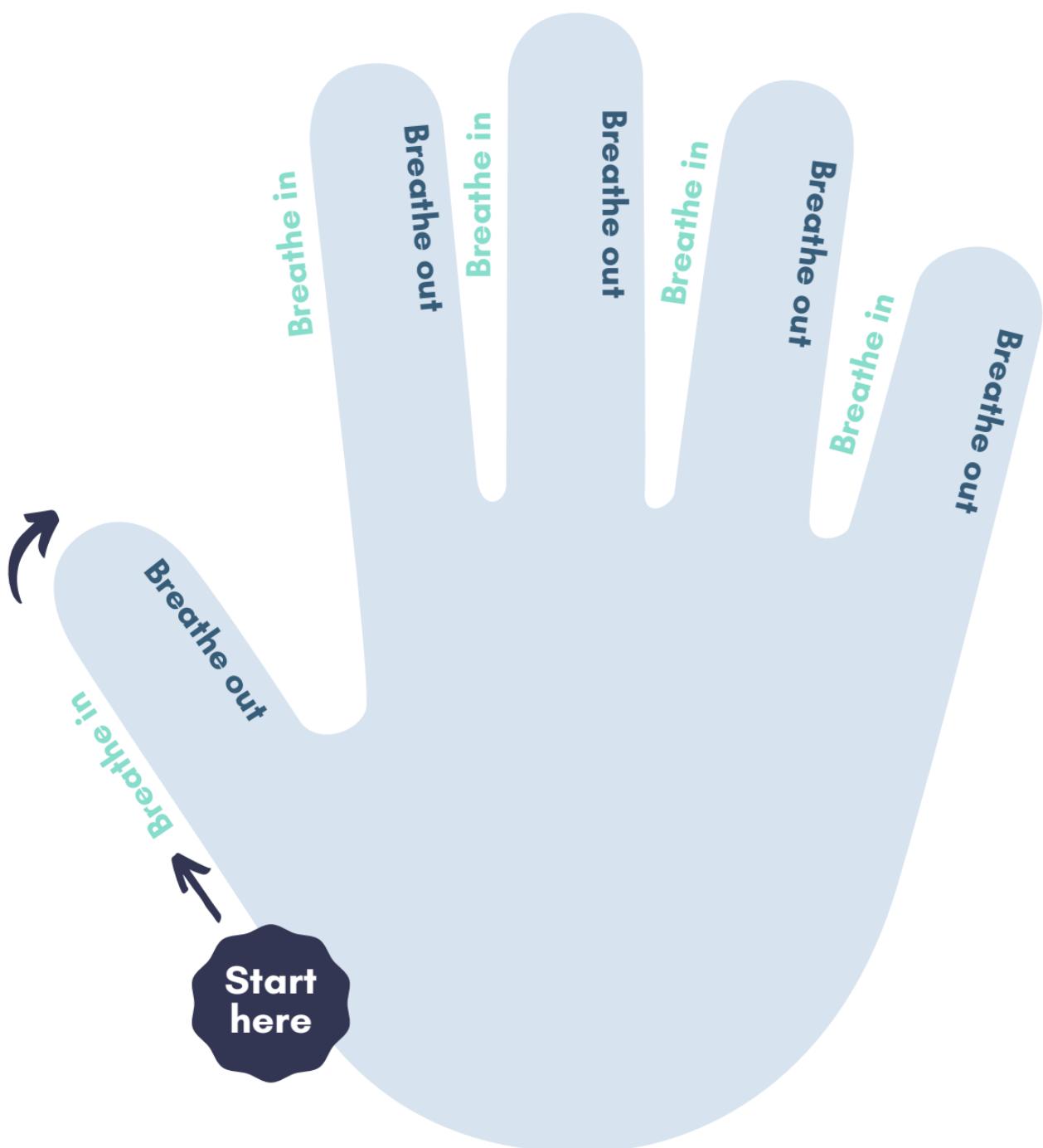


# SUN SEQUENCE

"I AM STRONG AND DETERMINED"



CALM YOURSELF WITH  
5 FINGER BREATHING

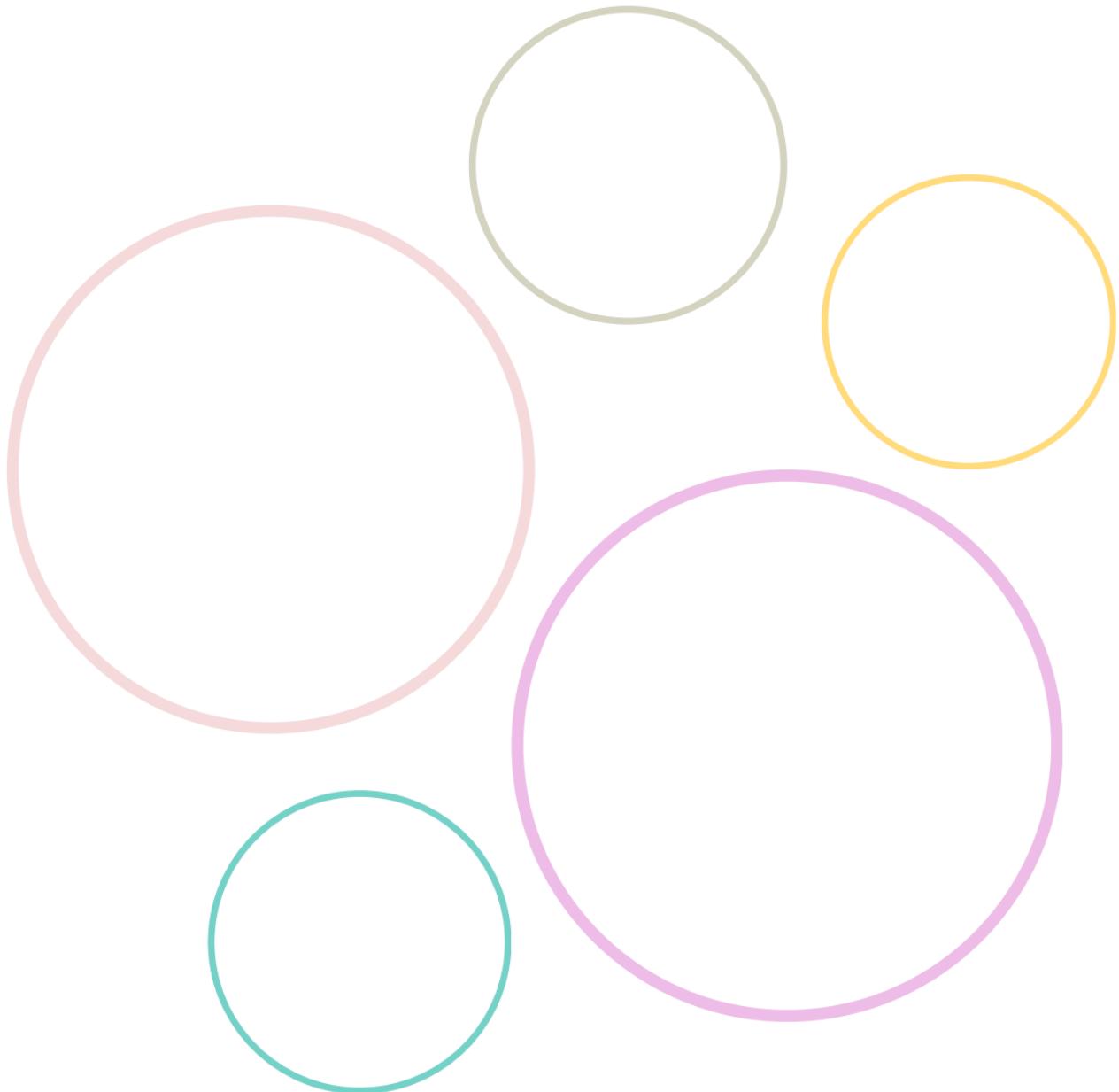


Slowly trace the outside of the hand with the index finger, breathing in when you trace up a finger and breathing out when you trace down.  
You can also do this breathing exercise using your own hand.

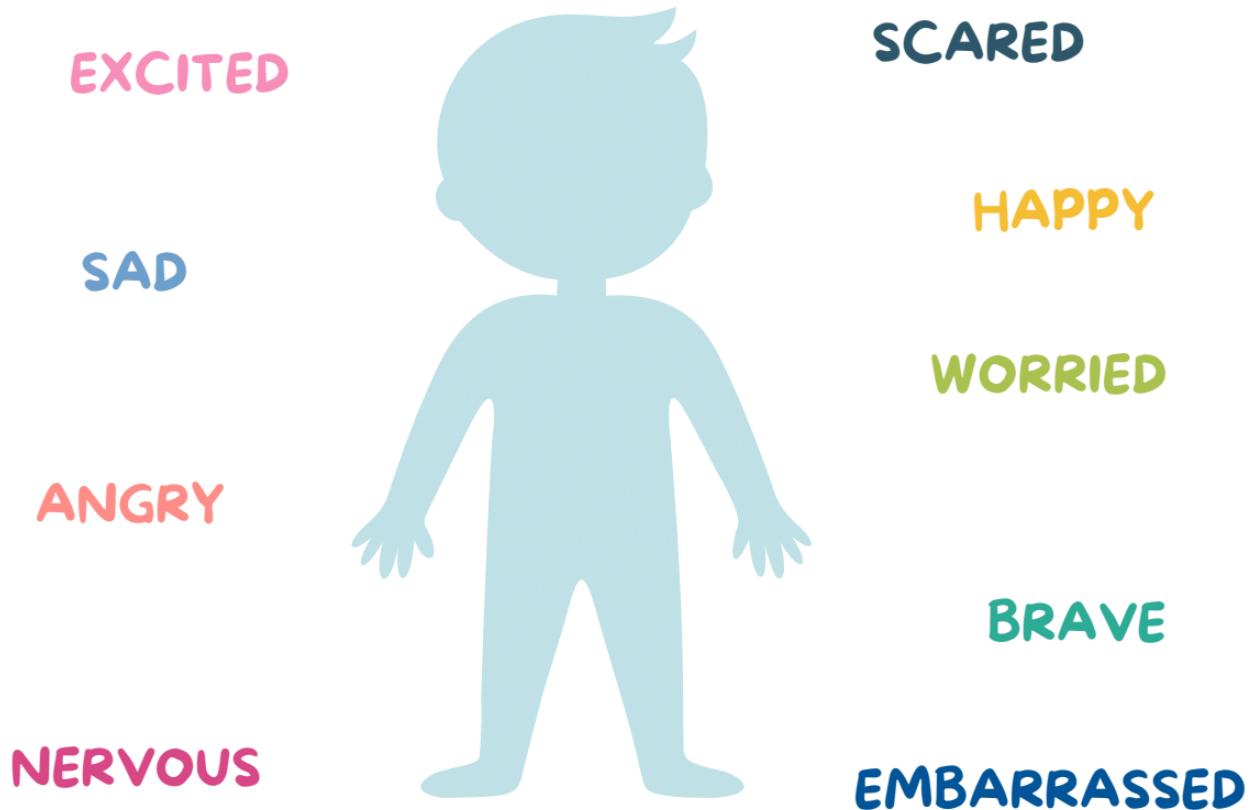
# Mindful Listening

Let's take a moment to practice mindful listening.  
Follow these steps:

1. Find a quiet place to sit and be still for a few minutes.
2. Listen closely and carefully to the sounds around you.
3. Write the sounds that you hear nearby in the large circles.
4. Write the sounds that you hear far away in the small circles.



## EXPRESS YOUR FEELINGS



To better understand your emotions, try drawing lines from each feeling to the corresponding area(s) on your body where you experience them. You can use colors or add your own words to fully express how you feel.

# MINDFUL EATING

Mindfulness is the practice of being fully present and aware of everything happening in the moment. Today, why not try to be mindful while eating? Can you notice how your food looks? Can you notice the smell, taste, sound, and even the texture of your food when eating? After you finish your meal, describe what you ate and then fill in the following boxes.



Taste



Smell



Look



Sound



Touch/  
texture

# WEEKLY ROUTINE TRACKER



DATES:

MON      TUE      WED      THU      FRI      SAT      SUN

MORNING ROUTINE


EVENING ROUTINE


## FINDING YOUR HAPPY PLACE

### **Creating a Magical Place to Find Peace**

Close your eyes and imagine your own personal safe haven. Now, draw, write and share your thoughts on this page, or attach a photo that brings you a sense of calm and tranquility. It could be anything that makes you feel comfortable, such as a beach, your bedroom, or a lush garden. This magical place will serve as a sanctuary for you to escape to when feeling stressed or anxious.





"I am a good friend"



"I am looking after  
my body & mind"



"I am mindful of this  
beautiful moment"



"I love and cherish  
my body"





"I am giving my body  
the care that it needs"



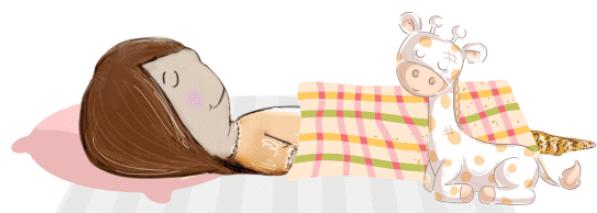
"I have courage  
& confidence"



"I am a strong"



"I can allow myself  
to relax"



"I can learn anything  
I put my mind to"



"I have the confidence to  
be myself"



"My challenges help me grow"



"I can make a difference"





"I have inner strength"



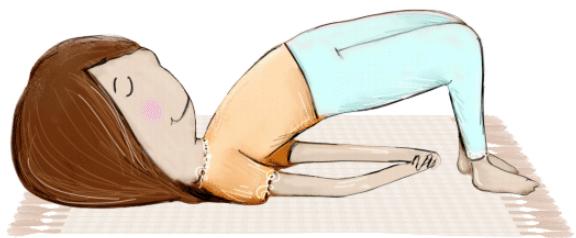
"I am open to a universe of possibilities"



"I believe in myself"

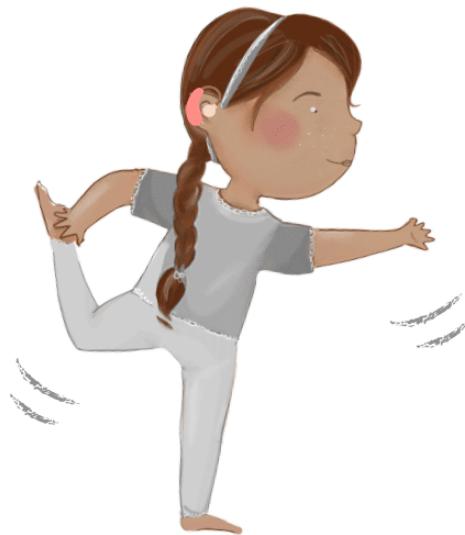


"I am choosing to have an amazing day"





"I am strong and determined"



"Today I am going to shine"



"I believe in my goals and dreams"



"I am a caring & kind person"





## BODY SCAN RELAXATION

Lie down in a comfortable position and allow your legs and arms to relax and fall to the sides of your body. If it feels okay for you, close your eyes.

Start by taking two or three gentle breaths. Feel your belly as it rises and falls with each breath. Place one hand on your belly and now feel your belly move with each and every breath.

Let's begin to pay attention to the other parts of the body. Rest your hands by your sides and bring your focus to your feet. They might feel warm or cool, perhaps you feel a gentle breeze or something else? It's also okay if you feel nothing at all. If you can, relax your feet, allowing them to become heavy.

Move the attention to your lower legs, noticing whatever is there. Do they feel heavy, light, warm, cool, or something else? Take a big breath in and as you breathe out allow your legs to fully relax on the floor.

Now move your attention to your belly. Notice how it always moves when you breathe, feel how it rises and falls with each breath you take, it feels like big beautiful ocean waves. As you breathe out feel your belly softening and fully relaxing.

Next, bring your focus to your chest. Notice how it also rises and falls as you breathe. Notice with every out breath your shoulders soften and relax even more.

Now turn your attention to your hands and arms. There is no need to move them or do anything with them. On your next in breath make a fist and SQUEEZE your hands. Squeeze, squeeze, squeeze and release, relax and let go of all tension.

Move your focus to your face and head. Begin to relax through your jaw, through your eyes, through your head and through your entire face. As you breathe in, scrunch your face up, scrunch, scrunch, scrunch and release... allow your face to fully relax and soften.

Finally, spend a few moments bringing your awareness to your whole body. If it's time for sleep, allow that to happen.

When you are ready, take a big stretch and softly smile to yourself and everyone around you.



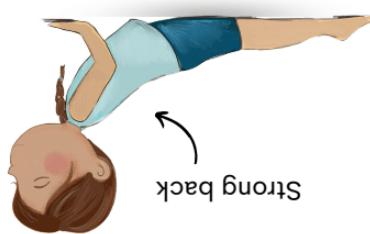
# COBRA

"I CAN MAKE A DIFFERENCE"



If you wish, you can begin to straighten your arms a little more and lift your chest higher.  
Only lift up higher if it feels okay for your body to do so.

3



Keep your legs resting on the ground. As you breathe in, begin to lift your chest up into **cobra pose**. Use your strong back muscles to help you. Can you make a **Sssssss** sound just like a cobra?

2



Lie on your front. Place your hands under your shoulders.

1



# ZIGZAG TWIST

"I BELIEVE IN MYSELF"



5

before coming out of the pose.

Bring your knees back up to your chest and slowly lower them down to the left side. Once again, gently turn your head the opposite way and reach your arms out to the sides. Stay here for a few breaths. Hug your knees back towards your chest before coming out of the pose.

4

Gently turn your head the opposite way from your knees. Stay here for a few breaths.



3

Gently guide both knees to your chest. Rest your right side and rest them on the ground. Reach your arms out to the sides like airplane wings.



2

Hug your knees to your chest. Take a mindful breath.

Begin by lying on your back with your feet on the floor. Rest your arms by your sides.



# ROCK

"MY POSITIVE THOUGHTS CREATE POSITIVE FEELINGS"



3

This might be a nice time for you to let go of any worries.  
Imagine there is a tiny door in the middle of your forehead.  
Unlock the door and drop any worries or tension you have into  
the earth beneath you.

2

Keep your forehead resting on the floor,  
gently rock your hips from side to side.  
Picture yourself as a little peaceful rock.



1

Kneel down and rest your forehead on  
the ground. Rest your arms behind you  
or stretch them out in front of you. Take  
a mindful breath.





# MY FRIEND BREATH

"I AM A GOOD FRIEND"



1 Sit up as tall as you can.  
2 Take a big breath in through your nose and breathe all the way out through your nose. This time, as you breathe in, can you notice the air coming in through your nostrils? Does the air feel warm or cool as it enters your nose? Try it again and see what you notice.

3 Now place a finger under your nose and take another breath in. This time, can you feel the air leaving your nose and blowing over your finger when you breathe out? Does the air feel warm or cool?



4 This time, can you feel the air leaving your nose and blowing over your finger? Try it again and see what you notice.

5 Your breath is like a best friend! It is always there for you. Anytime you want to remove stress or worry, know that your breath is always there to help soothe and calm you.



# BEE BREATH

"I CAN DO GREAT THINGS"



**MMMMM.**

Continue to make a big **MMMM** sound until you need to take another breath in.

4

garden.

Take a big breath in through your nose. As you breathe out through your nose, begin to make a big **MMMM** sound. Just like the sound of a bee buzzing around the garden.

3



Gently cover your ears  
with your hands.

2

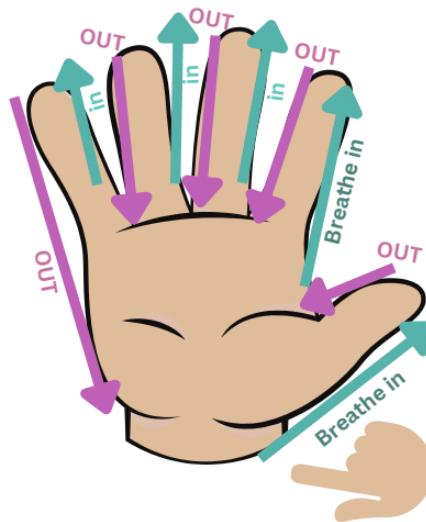
Sit as tall as you can.  
Take a mindful breath.

1



# 5 FINGER BREATH

"I AM LOOKING AFTER MY BODY & MIND FIRST"



When you get to the top of your thumb pause for a moment, then breathe out, sliding your pointer finger down the inside of your thumb.



Use the pointer finger of your other hand and rest it at the base of your thumb. Breathe in and begin to trace UP your thumb with your finger.

Raise one hand out in front of you. Spread your fingers wide like a star.

4

Continue to trace all of your remaining fingers. Follow the arrows - breathing IN as you move UP and breathing OUT as you move DOWN.

3

When you get to the top of your thumb pause for a moment, then breathe out, sliding your pointer finger down the inside of your thumb.

2

Use the pointer finger of your other hand and rest it at the base of your thumb. Breathe in and begin to trace UP your thumb with your finger.

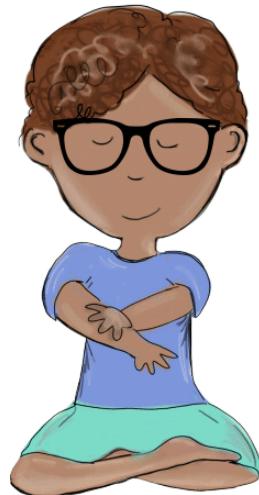
1

Raise one hand out in front of you. Spread your fingers wide like a star.



# SQUEEZE TO EASE

"I LOVE AND CHERISH MY BODY"



4

Stretch one leg out in front of you. Using both hands gently **squeeze all the way down your leg**. Then **squeeze all of your toes, one at a time**. Once you are done, take a moment to notice if this leg now feels different from the leg that has not been squeezed yet? Switch legs and do the same thing with your other leg and toes. **SQUEEZE SQUEEZE SQUEEZE**

3

Take a moment to notice the arm that has just been squeezed. Does it feel a little different from the arm that has not been squeezed? Try it again! Change sides, squeeze your other arm, hand, fingers & thumb.

2

Use your hand and gently squeeze your opposite arm. Start at the top and squeeze all the way down your arm until you reach your hand. Continue to squeeze your hand, squeezing each of your fingers and your thumb.

1



Sit up as tall as you can. Take a mindful breath.



# TAP TAP TAP

"I AM GIVING MY BODY THE CARE THAT IT NEEDS"



You can stand or sit for this. Using both hands begin to tap your

**CHEST** ... **TAP TAP TAP**. As you tap count up to 40.

Now begin to tap your **RIGHT SHOULDER** with your left hand. Move down your arm tapping. Tap your **ELBOW, WRIST** & both sides of your

**HAND**... **TAP TAP TAP**. Switch sides. Tap your **LEFT SHOULDER** with right hand and again move down your arm tapping. Tap your

**ELBOW, WRIST** & both sides of your

**HAND... TAP TAP TAP**.

Using both hands begin to tap your

**HIPS** ... **TAP TAP TAP** & count up to 40. Tap all the way down your

**LEGS** Tap your **KNEES** ... **TAP TAP TAP**.

Tap your **ANKLES** ... **TAP TAP TAP**.

Tap your **FEET** ... **TAP TAP TAP**. Come back up to standing.

Reach behind you and tap your

**UPPER BACK** and then move down to

tap your **LOWER BACK** counting up to 40.

**TAP TAP TAP**. Repeat the entire tapping sequence three times.

This is great for when you need a boost of energy!

4

3

2

1



# SQUEEZE & RELEASE

"I AM PAYING ATTENTION TO MY FEELINGS"



- 1 Sit up tall. Take a mindful breath.
- 2 If you have any worries, imagine holding all your worries in your hands. Picture them as sparkling red balls of light.
- 3 As you breathe in, SQUEEZE your fists tight. SQUEEZE, SQUEEZE, SQUEEZE... imagine the balls of light getting brighter & brighter. Now, relax and breathe out. Open your hands and free the red balls of light and any worries into the air. Repeat 2-3 times.



- 1 Sit up tall. Take a mindful breath.
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# FIGURE OF EIGHT

"I CAN LEARN ANYTHING I PUT MY MIND TO"



of you using both arms? Give it a try!

5

Can you make a criss cross figure of eight in front



arm.

4

Lower your arm down and repeat with your left

really big figure of eight or a small one.  
change directions. You can choose to make a  
air with your arm. Do this **eight** times and  
out to the side and draw a figure of eight in the  
**Remain seated or stand up.** Lift your right arm

3

you are making. **Change directions.**  
this **eight** times paying attention to the shape  
**figure of eight** in between your eyebrows. Do  
using your pointer finger begin to draw a small

2



Sit up as tall as you can.  
Take a mindful breath.

1

# FEET UP AGAINST A WALL

"EVERY BREATH I TAKE FILLS ME WITH PEACE"



- When you want to come back down, hug your knees to your chest, roll to one side and push yourself up. 3

Rest your arms by your sides. You can keep your knees bent if you like. Stay here for as long as it feels sooth ing and comfortable for you. If you like, hum a little song to help you relax even more. Hmm hm hm hm mm mm mm.

2



- Gently bring your legs up to rest against a wall and lie comfortably on your back. Take a mindful breath. 1

# UNIVERSE

"I AM OPEN TO A UNIVERSE OF POSSIBILITIES"



1 You are a bright STAR.  
Step your feet wide.  
Stretch your arms out to the sides.  
Take a mindful breath.  
"I AM THE ENTIRE UNIVERSE"

2 Give yourself a great big HUG.  
Imagine scooping the ENTIRE universe  
into every cell in your body. Gather it all  
in, crouch down low and make yourself  
really small.

3-2-1 BLAST OFF.  
Jump back into a star, make a big  
HAAA! sound as you come up.  
Do this several times.

A boy is shown performing a handstand on a blue mat. He is wearing a green t-shirt and yellow pants. He is making a "HAAA" sound. In the background, there is a colorful illustration of a galaxy with various planets, stars, and nebulae.



# BELLY WAVES

"I CAN TAKE DEEP BREATHS"



Continue for as long as it feels comfortable for you. Keep noticing how your belly rises as you breathe in and how your belly falls as you breathe out.

5

On your next breath in, notice how your toy rises up with your belly as you breath in. Now, notice how your toy lowers back down with your belly as you breath out. Imagine you are taking your toy surfing with each and every breath you take!

4

Take a mindful breath in through your nose and allow your body to relax as you breathe out through your nose.

3

Lie down and rest your soft toy (or cushion) on your belly. Allow your arms to rest by the sides of your body.

2

You will need either a soft toy or a small cushion for this.





# MINDFUL WALKING

"WALK AS IF YOU ARE KISSING THE EARTH WITH YOUR FEET."

~ THÍCH NHẤT HẠNH



When you are done, have a think if walking mindfully feels different from your normal way of walking? Are you more aware of what is happening around you?

3

As you lift each foot **up** take a **breathe in** and as you place your foot **down**, **breathe out**. See if you can take 10 mindful steps focusing on your breathing and footsteps only.

2

When you have a good space to practise mindful walking, begin to walk really slowly. As you do so, bring all of your attention to your feet. Have a think about each foot as it makes contact with the earth. See how slowly you can walk.

1



# USING OUR SENSES

"I AM MINDFUL OF THIS BEAUTIFUL MOMENT"



There is one sense missing, can you guess what it is?



Pause for a moment and **LISTEN** closely to all the sounds you hear. Do you hear the birds singing or the leaves rustling in the wind? What else can you hear?

2

Use your eyes and **LOOK** closely all around you. Do you notice all the different shapes and colours of nature? Keep exploring all the beauty around you.

3

What can you **SMELL**? Perhaps you can smell the freshness of the grass or a beautiful flower? Can you smell what season it is?

4

What do the leaves feel like to **TOUCH**? Are they rough or are they smooth? What does the bark from a tree feel like to touch? Is it rough or smooth?

4

Really pay attention to the textures of nature.



# EARTH BREATH

"I AM GROUNDED, SUPPORTED AND SAFE"



- 4 As you breathe out through your nose, send the breath all the way back down through your body and back to the earth.
- Do this several times to calm and refresh your body and mind.

Take a breath in through your nose. This time, imagine the breath is coming from the earth beneath you straight into your feet. It then travels all the way up your legs, through your whole body and finally the breath reaches the top of your head.



Bring all your focus to your feet. Try and feel the ground underneath your feet. Wiggle your toes and have a think if your feet are warm or cold?

*Stand tall  
Breathe out  
Feel the ground  
Breathe in*

Stand or sit as tall as you can. Take a mindful breath.

4

3

2

1



# BUBBLE WAND

"I CAN BE PEACEFUL"



When you are done, watch as your bubble drifts off into the distance and see it **POp!** You can do this anytime you want to clear your mind.

5

Take another breath in through your nose and begin to breathe out slowly with all your worries or with anything that is bothering you. Through your mouth to make a **HUGE** bubble in front of you. Fill the bubble with all your worries or with anything that is bothering you.

Perhaps you have a worry thought today that you would like to set free?

4

Imagine you are holding a magical bubble wand. Take a big breath in through your nose and slowly breathe out through your mouth into your magic bubble wand to make a big bubble in front of you.

3

Stand, or sit up as tall as you can. Take a mindful breath. Imagine you are holding a magical bubble wand.

2

1

Take a big breath in through your nose and slowly breathe out through your mouth into your magic bubble wand to make a big bubble in front of you.



# BREATH MEDITATION

BY THICH NHAT HANH



Zen Mindfulness Master Thich Nhat Hanh is known as a global spiritual leader, poet and peace activist.



Breathing out, it is a wonderful moment.  
Breathing in, there is only this present moment.

Breathing out, in this present moment.  
Breathing in, I know I am alive!

With the out-breath I release all tension.  
With the in-breath I smile!

Breathing out brings me ease.  
Breathing in makes me calm!

The out-breath grows slow.  
As the in-breath grows deep,

Breathing out, I know I am breathing out.  
Breathing in, I know I am breathing in.

This short verse can help you practise  
mindfulness in your daily activities:



# THREE MINDFUL BREATHS

"I CAN QUIET MY MIND AND MY THOUGHTS WHENEVER I CHOOSE"



Place your hands on your belly. Take a big breath in through your nose. **As you breathe in can you feel your belly rising up?** Imagine your belly is filling with air, just like a balloon. As you breathe out through your nose, notice how your belly is falling and deflating as all the air leaves.

BREATH NUMBER 3 **3**



Take another breath in. This time notice the breath as it comes in through your nostrils and... breathe all the way out through your nose.

BREATH NUMBER 2 **2**

Sit up as tall as you can. Take a big breath in through your nose and breathe all the way out through your mouth with a big long sigh: **Aaaaaaaaah.**

BREATH NUMBER 1 **1**



# LOVING KINDNESS MEDITATION

"I LIKE BEING KIND"



This is a beautiful way to show appreciation  
and kindness to ourself and others.



Now think about a family member or a friend:  
"May you be healthy, may you be safe,  
may you be peaceful, may you be kind".

Read this out loud or say it quietly to yourself:  
"May I be healthy, may I be safe,  
may I be peaceful, may I be kind".

4

3

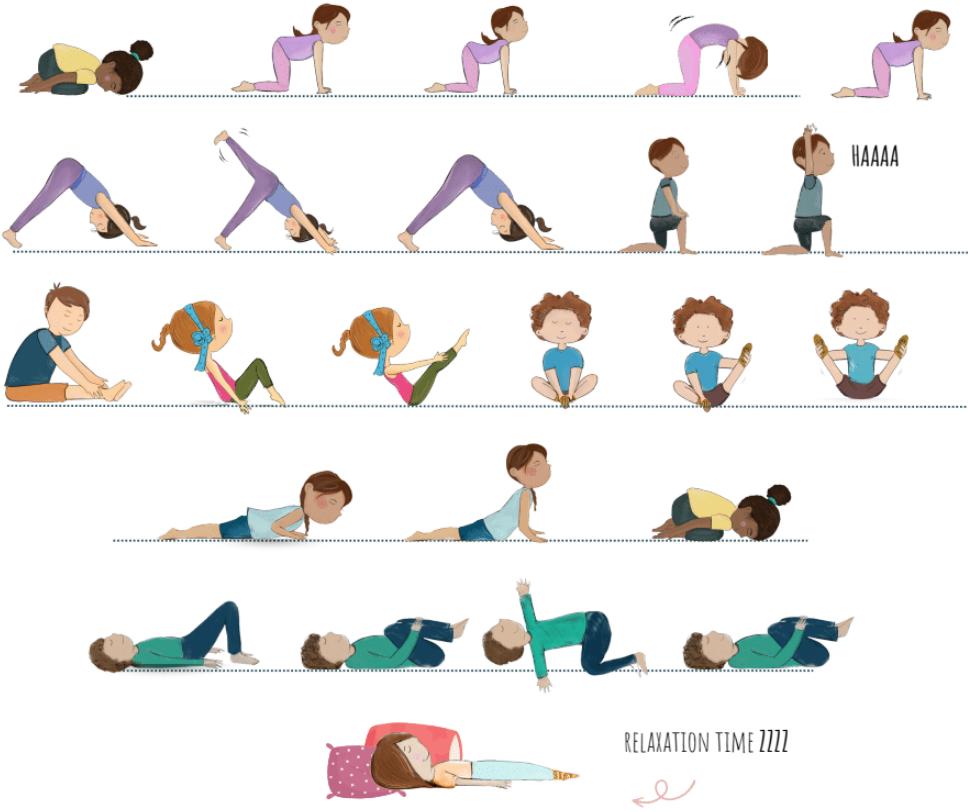
2

1

Stand or sit up tall.  
Take a mindful breath.

Imagine all the people in the world, including  
all the animals and all of the creatures of our planet:  
"May you all be healthy, may you all be safe,  
may you all be peaceful, may you all be kind".  
When you are done send a little smile to yourself and  
everyone around you.

CREATE YOUR OWN GROUNDING SEQUENCE.



Remember to do the poses on both sides!

Get creative and draw your own yoga sequence!

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CREATE YOUR OWN STANDING SEQUENCE.



**Remember to do the poses on both sides!**

**Get creative and draw your own yoga sequence!**

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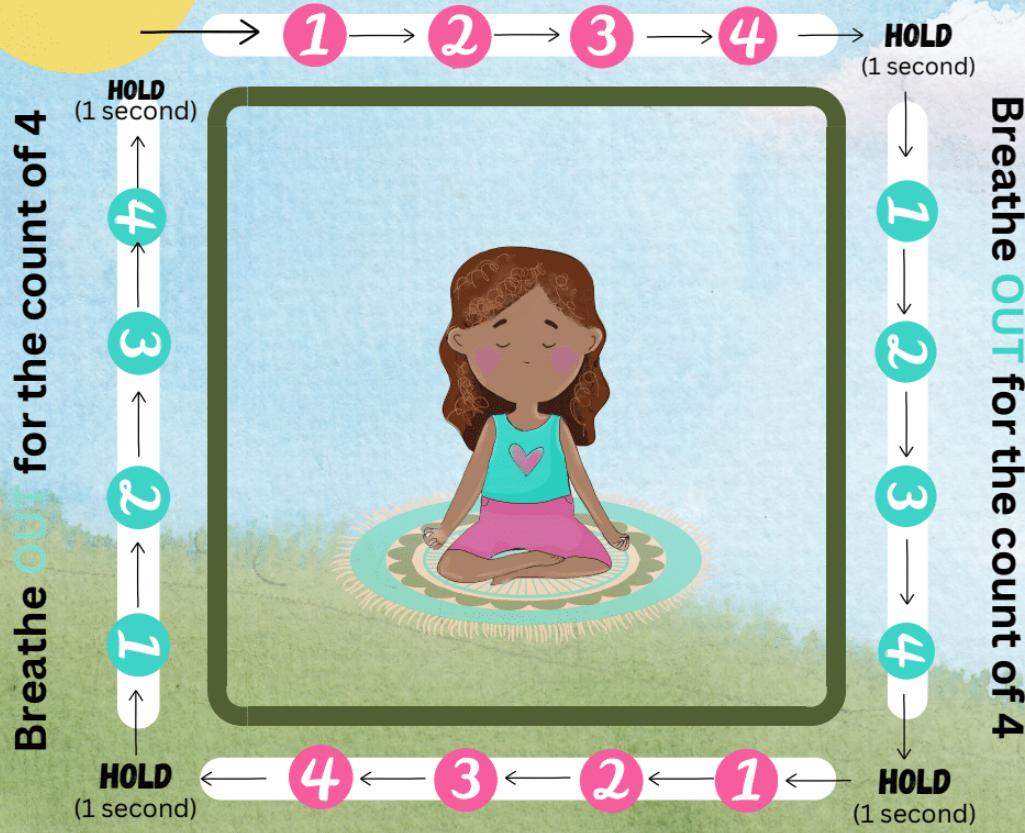
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**Start here**

Breathe **IN** for the count of 4



## Balanced Breathing for Calm

- 1** Sit up as tall as you can.  
Take a big breath in through your nose and breathe all the way out through your mouth with a big long sigh:  
*Aaaaaaaaaah.*
- 2** Place your index finger on: **Start here**.  
Trace along the numbers with your finger -  
Breathing **IN** for the count of four (hold for 1 second)  
& Breathing **OUT** for the count of four (hold for 1 second).
- 3** Continue tracing and breathing around the square until you feel you want to finish.

# Benefits of Yoga & Mindfulness

Connects body,  
mind and breath.

Expands  
imagination and  
creativity.

Calms the mind  
and helps create  
harmony in the  
body.

Creates balance,  
builds confidence  
and boosts  
mood.

Increases  
self-awareness,  
self-regulation  
& resilience.

Builds strength,  
improves  
co-ordination  
& flexibility.

Relieves tension  
& stress.

Brings us back  
'home' to our  
bodies in the  
present  
moment.





# MOUNTAIN

"I AM SOLID AS A MOUNTAIN"

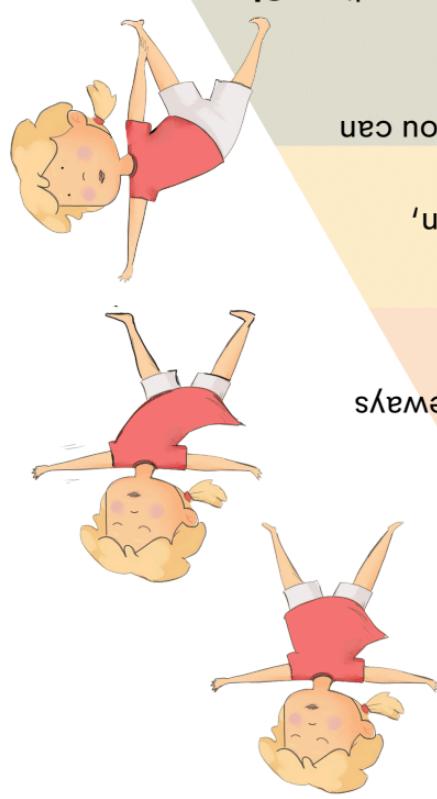


- 1** Stand tall with a straight back. Rest your arms by the sides of your body.
- 2** Take a mindful breath. This is taking a deep breath in through your nose and breathing all the way out through your nose.
- 3** Bring your focus to your feet. Can you lift your toes up and drop them back down? Do this several times.
- 4** Bring your hands together in front of your heart. **Namaste** (*Na-ma-stay*). This is a greeting, it is a beautiful way to honour one another.



# TRIANGLE

"TODAY IS GOING TO BE AN AWESOME DAY"



- 1 You are a bright STAR. Step your feet wide. Stretch your arms out to the sides.

- 2 Turn your right foot out to the side. Tuck your left foot in a little.

- 3 Reach forward with your right arm and tilt sideways over your front leg.

- 4 Bring your right hand down to rest on your shin, foot, or on the floor. Your left arm reaches up to the sky. Perhaps you can look up to your top hand?

- 5 Stay here for a few breaths. Come back up to standing. Change sides.



# WARRIOR 2

"I AM A STRONG WARRIOR"



**1** You are a bright STAR. Step your feet wide. Stretch your arms out to the sides. Take a mindful breath.

**2** Turn your right foot out to the side. Tuck your left foot in a little.

**3** Bend your right knee. Keep it directly over your right ankle. Your back leg is straight and strong.

**4** Look to your right hand. Stay here for a few breaths. Feel like a strong warrior! Change sides.



# TREE

"MY CHALLENGES HELP ME GROW"



Can you grow your tree?  
Reach your arms up to the sky  
as if they were branches. Imagine your branches gently  
swaying in the wind.  
Stay here for a few mindful breaths. **Change legs.**



Stand tall in mountain pose with your arms resting by the sides of your body. Take a mindful breath.

3

2

1

Tuck one foot to the inside of your opposite leg. Keep your foot resting on the ground or lift it higher to rest on your ankle or inner thigh. **Avoid resting your foot on your knee.** Place your hands together in front of your heart.

Stand tall in mountain pose with your arms resting by the sides of your body. Take a mindful breath.



# DANCER

"I HAVE COURAGE AND CONFIDENCE"



4 Change sides.

Reach your left arm out in front of you and begin to tilt forward. If you can, stay here for a few breaths. Come back up to standing.

3



Bend your right knee behind you. Take a hold of your right ankle with your right hand. Reach your left arm up to the sky. You. Take a hold of your right ankle with your right hand. Reach your left arm up to the sky.

2



Stand tall in mountain pose with your arms by your sides. Take a mindful breath.

1



# AIRPLANE

"I HAVE THE CONFIDENCE TO BE MYSELF"



4

Come back to standing.  
Change legs.



3

Continue to tilt forward until your body is parallel to the ground.  
Looking down, open your arms like wings, fly freely.  
If you can, stay here for a few breaths. Lower your leg back down.



2

Reach one leg back and shift your weight forward.  
"Lift off".

Begin in mountain pose. Bring your hands together  
in front of your heart. Namaste! Take a mindful breath.



# HALF MOON



"TODAY I AM GOING TO SHINE"



You are a shining STAR! Step your feet wide and reach your arms out to the sides. Take a mindful breath.

Bend your right knee, lean to the right side and place your right hand on the ground. When you feel balanced, slowly try to lift your left leg off the hip.

Hand on the ground. Your left hand can rest on your left hip.

ground.

4

Change sides.

Lower your leg down. Come back up to standing.

3

Stay here for a few breaths.

If you can, begin to reach your left hand up to the sky.

2

1

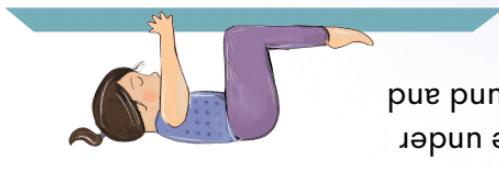


# DOWN DOG

"I BELIEVE IN MY GOALS AND DREAMS"



- 1 Start on your hands and knees. Your hands are under your shoulders and your knees are under your hips. Press your hands into the ground and spread your fingers wide.
- 2 Curl your toes under and lift your hips up to the sky. Allow your heels to lower closer to the ground. Stay here for a few mindful breaths.
- 3 THREE LEGGED DOG. Starting from dog down pose, reach one leg up to the sky.



- 1 Start on your hands and knees. Your hands are under your shoulders and your knees are under your hips. Press your hands into the ground and spread your fingers wide.
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- 3 THREE LEGGED DOG. Starting from dog down pose, reach one leg up to the sky.



# CAT & COW

"I AM A CARING & KIND PERSON"



it a try!

Try and **breathe out** as you move into cow pose. Give

pose and

**breathe in** as you move into cat pose. Give

4

chin up.

**Cow Pose:** Breathe in and arch your

3

back, lower your belly and lift your



your chin in towards your chest.

**Cat pose:** Spread your fingers wide and

push the ground away from you. Round

your back to make a curve shape. Tuck

your chin in towards your chest.

2

Begim on your hands and knees with your hands

under your shoulders and your knees under your

hips. Take a mindful breath.

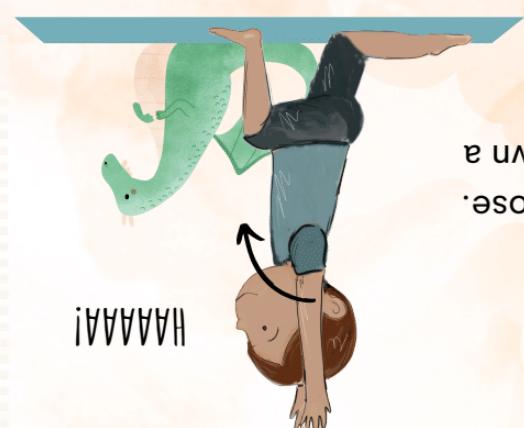
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# DRAGON

"WITH EVERY BREATH I FEEL STRONGER"



- 1 Begin in a kneeling position. Take a mindful breath.
  - 2 Bring your right foot forward. Rest your hands on your front knee.
  - 3 Take a big breath in through your nose. Breathing out and drop your hips down a little lower.
  - 4 Release your 'inner dragon'. Repeat with your left leg forward.
  - 5 Take another big breath and reach your arms up to the sky. Swing them down and shout out - **HAAAHAA!**
- 



# BOAT

"I HAVE INNER STRENGTH"



Continue to breathe smoothly.

Reach your arms forward. Imagine there is a big beam of light shining out from your heart.

Try and reach both legs out in front of you.

## Challenge

4

Challenge



Sit up tall. Rest your hands on the floor for chest. Can you tap your toes up and down?

Support. Bring your knees up towards your chest. Bend one knee. If you want, offer a kiss to each knee, one at a time.

2

Challenge

Reach one leg out in front of you.

3

Challenge

Keep your chest reaching forward.

Reach one leg out in front of you.

3

Challenge

Bend one knee. If you want, offer a kiss to each knee, one at a time.

2

Challenge

Support. Bring your knees up towards your

chest. Can you tap your toes up and down?

Sit up tall. Rest your hands on the floor for support. Bring your knees up towards your

chest. Can you tap your toes up and down?

1

Challenge

# BUTTERFLY

" I AM CONNECTED TO THE EARTH AND ALL ITS CREATURES "



**Can you lift one leg up?**  
Fly like a butterfly.

You legs are now beautiful butterfly wings  
Allow your knees to fall out to the sides.  
Bring the soles of your feet together.  
Sit up as tall as you can.

gently flapping up and down.  
You legs are now beautiful butterfly wings  
Allow your knees to fall out to the sides.  
Bring the soles of your feet together.  
Sit up as tall as you can.

**1**

**2**

**3**

**Give it a try!**  
Look behind you to make sure there is  
nothing in your way as you might fall  
backwards!

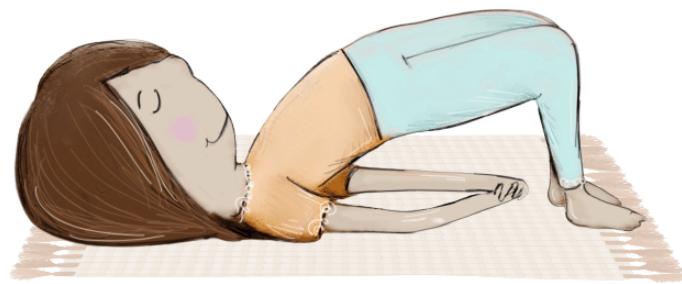
**Can you lift both legs up and balance?**  
Take a breath in and lift one leg up  
to the sky. Lower your leg back

down.



# BRIDGE

"I AM CHOOSING TO HAVE AN AMAZING DAY"



Next time you lift up, clasp your hands underneath you and rest them on the ground. Perhaps you can lift a little higher? If you can, stay here for a few mindful breaths, then gently lower back down.

3



Breathe in, lift your hips up off the ground. Use your feet and arms to press the floor away from you. Continue to breathe smoothly. Take a few mindful breaths and lower your body back down.

2



Begin by lying on your back with your arms resting by your sides. Bend your knees. Your feet are flat on the floor.

1



# FORWARD FOLD

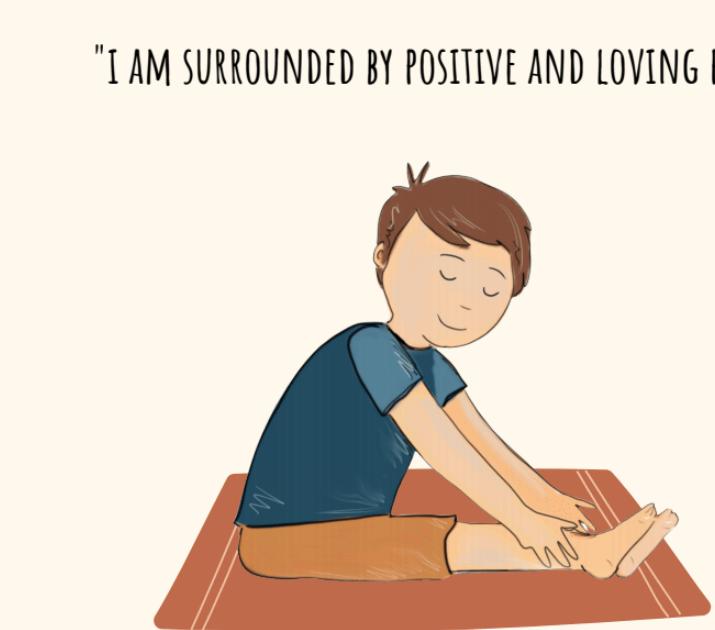
"I AM SURROUNDED BY POSITIVE AND LOVING PEOPLE"



- 

1 Sit up tall with your legs stretched out in front of you. Your legs can be straight or you can bend your knees.
- 

2 Reach your arms forward towards your lower legs, ankles or toes. Do not worry if you can not reach your toes. Lift your chest up and out. Stay here for a few mindful breaths.
- 

3 Take a big breath in and reach your arms up to the sky. Slowly reach your arms forward over your legs making a big **OMMM** sound. Do this 2-3 times.
- 

4 The sound OM is said to be the sound of the UNIVERSE!

## BEDTIME RELAXATION

**Ask a grown up to read this out to you. Or why not relax your grown up and read this to them!**

Allow yourself to come into a comfortable position.

You can sit or lie down. Close your eyes if that feels okay for you.

**Take a mindful breath.**

Rest your hands on your belly. Notice how your belly rises as you breathe in and how it falls as you breathe out. **With each breath you take, notice that you begin to feel a little more relaxed and peaceful.**

Take your hands off your belly and let your arms rest by your sides.

Picture yourself on a beautiful big fluffy cloud high in the sky. Your cloud is golden in colour as it glistens in a beautiful sunset.

**You are so comfortable lying on your fluffy cloud.**

Soon you start drifting higher and higher into the sky until you are surrounded by many bright shining stars. **All the stars make your entire body glow and sparkle.** Bright light now reaches your feet and begins to travel up your legs.

The beautiful rays of light now reach your belly, chest, shoulders and arms.

Finally the light travels to the crown of your head.

**Imagine the light filling your body with every breath you take.**

You are now glowing just like a bright star! Allow your body to shine brightly. Every cell in your body is healthy and glowing. You feel so relaxed as you drift through the sky. Soon you gently lower all the way back down to earth.

If you wish, keep your eyes closed, you may even want to drift off to sleep, knowing you are safe, secure and loved.

**Sweet dreams.**

