

Centering/focusing/calming Yoga poses for young children



Stretch your arms up like the letter Y, Peace &/or OK hands

Lift up two fingers; hold down two littlest fingers with your thumb

Make your thumb and finger in a circle lift it high to show everyone.

“I’m ok” I am ok just the way I am discussion...what is ok? Ok may be different one time or another time

“I am peaceful” vocabulary still, quiet, calm, breathing, safe, happy, content, relaxed, focused...



Butterfly hands

Stretch out your arms

Cross your elbows

Look at your palms

Thumbs touching

Your yoga butterfly flies up, out, down and lands on your heart

Choose appropriate narrative for situation may include yet not limited to:

“Breathe” in, out (x # of times, count), “be still to keep the butterfly there” or repeat loving kindness words or “feel your heart”

Savasana

without mats



with mats



floating on a cloud





Resting pose, gingerbread baking on the cookie sheet, frozen in the snow, like a falling leaf, falling star, animals falling to the ground in *The Mitten* story, camping in the desert, zoo keeper sleeping in *Good Night Gorilla* and many more theme or story line TPR options.

Seated Lion's breathe pose



Kneeling, stretching lion's breath pose

