

Yoga to help with our feelings

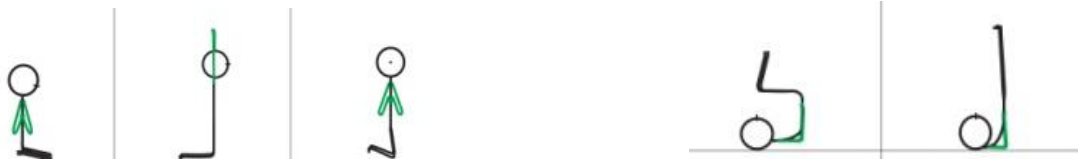
To help when we want to be calm;

To take time to think about good things;

To relax &/or to figure out ways to make a big problem smaller.



- **easy pose with peace or OK finger shapes**
- **Candle pose on knees or Candle pose on back with legs up or a full Shoulder Stand**



- **child's pose** (*any variation hands by feet, head on hands like a pillow or hands stretched out in front*)



- **Savasana** (doing nothing at all, floating on a cloud, or other favorite version)



- **Hug knees, roll either side for dreaming child pose with knees to tummy & hands like a pillow**



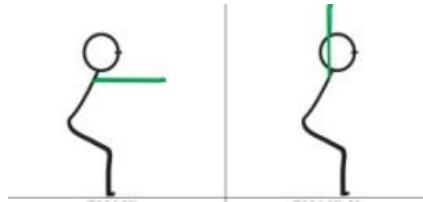
Yoga poses can help when we feel angry, mad, upset or disappointed.

Find a private place, do one, some or all these poses to help you think about a plan that does not hurt and helps you and others feel better and do your best.

- **Forward fold do an elephant walk.** Hold ankles and walk forward, backward and around safely with heavy feet.



- **Chair pose** (like sitting on a chair that is not there – so you are strong and balanced using your strong muscles. Chair Pose is also called **fierce** pose. While doing the pose breathe in and out and let out big sighs like a fierce dragon blowing out hot air and breathing in peaceful air.



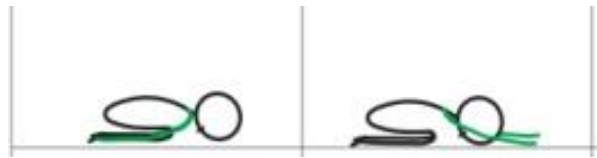
- **Lion pose** When you come forward in this pose breathe out in a loud roaring whisper breath. Two ways or one flow.



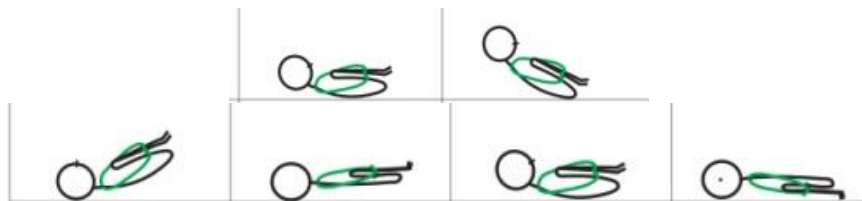
Yoga poses can help when you have a tummy ache or when you feel scared, sad or need a hug and no one is near to give you one so you can give yourself a hug!

Find a safe, quiet place; do one, some or all these poses to help you feel better.

- **Mouse, seed or child’s pose are names for this pose or you can name it something else.** You can place your hands by your feet, or stretch out in front of you or even fold your elbows to place your hand under your head or cheek like a pillow.



- **Happy pose or beetle pose**
- **Begin with rock & roll pose** on your back while wrapping arms around your knees and roll side to side or back & forth. Then move knees & thighs wide while holding feet, breathe into the area that hurts & let go of the feelings knowing you are safe and you will be ok.



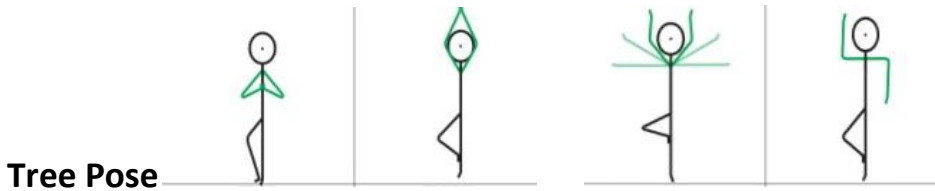
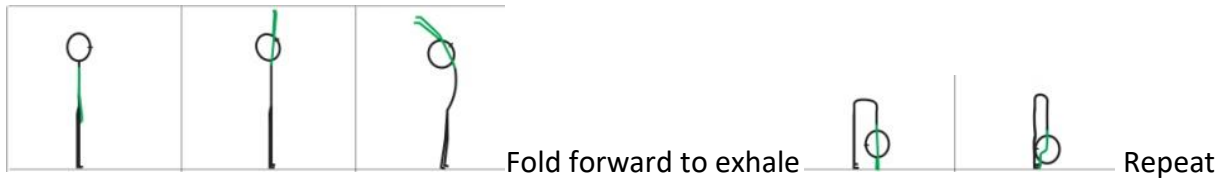
Yoga poses can help you fill yourself with energy and focus.

To help you focus, be strong when waiting;

To feel good about yourself;

To get ready to do homework or use it as a break half way through your homework:

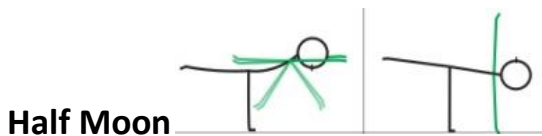
Mountain Pose, Waterfall Pose Stand tall, breathe deep, long 5 breaths.



Tree Pose



Archer Pose



Half Moon

Warrior sequence of poses Remember "What you do on one side you do on the other side." Use all or part of the sequence.



Before homework, competition, doing something you really find a challenge or not your favorite thing yet you know it is your responsibility.

- **The Yogi Pokey** *sung to the tune the Hokey Pokey* or **Sun Salutations** to energizes you, to greet the day and be the best you can be.