

EARTH

YOGA AND MINDFULNESS

FOR CHILDREN

For when you feel:



Anxious



Inflexible



Indecisive



Paranoid



Moody



Worried



TREE POSE



1. Stand straight and tall, with your feet below your hips. Take a deep breath in.
2. Exhale and lift your right foot above or below your left knee (or higher if you are able).
3. Extend your arms (like branches on a tree) and then bring the palms of your hands together in front of your heart.
4. If you feel stable, sweep your arms out and up above your head.
5. Keep your back straight and tall.
6. Hold the pose for a few breaths (or longer if you like), then slowly lower your arms and leg. Repeat on the other side.



MOUNTAIN POSE



1. Stand with your feet hip-width apart. Imagine that your feet are the earth, steady and strong.
2. Let your arms fall to your sides. Turn your palms facing forward and spread your fingers out.
3. Stand up nice and straight. Feel your head lifting into the clouds and your feet firmly planted in the ground.
4. Exhale and allow your shoulders to relax and pull down toward the floor.
5. Hold for 5-10 breaths and repeat as many times as you like.



RABBIT POSE

1. Begin sitting on your heels. Keep your back nice and straight and face forward.
2. Reach back and grab your ankles with your hands.
3. Place the top of your head on the ground, and slowly round your back until your forehead almost touches your knees.
4. Gently roll forward until your elbows lock straight into place.
5. Stay in this position for 5 breaths.
6. Slowly return to a kneeling position.



EAGLE POSE

1. Start by standing with the palms of your hands together over your heart.
2. Bend your knees slightly. Lift your left foot and cross it over your right leg and hook it around your leg if possible.
3. Hold your arms straight in front of you and cross your right arm over the left.
4. Bend both arms at the elbows so your hands are in front of your face. Clasp your hands together (if you are able).
5. Hold for 5-10 breaths.
6. Repeat on the other side.



AIR

YOGA AND MINDFULNESS

FOR CHILDREN

For when you feel:



Withdrawn



Distracted



Sluggish



Anxious



Depressed

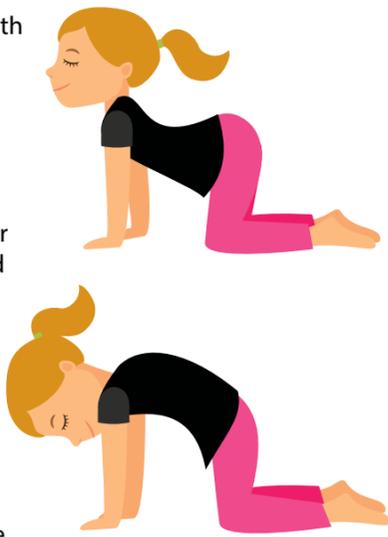


Stressed



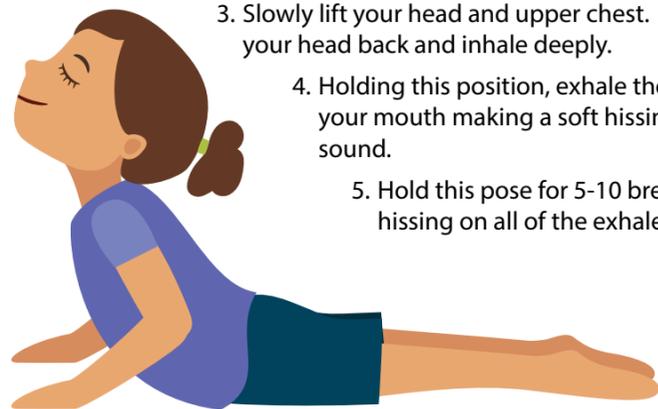
CAT/COW POSE

1. Start on your hands and knees with your hands below your shoulders and your knees below your hips.
2. Inhale deeply while you lift your head and chest and let your belly drop towards the ground.
3. Exhale slowly while you drop your head towards the floor and round your spine toward the ceiling.
4. Repeat steps 2 and 3 with your next 5-10 breaths. Pay attention to your breathing. Feel the air fill and leave your lungs.
5. Repeat for the next 5-10 breaths or as long as you like.



COBRA POSE

1. Lay flat on your stomach, toes pointed behind you.
2. Bending your elbows, tuck your hands between the floor and your shoulders. Keep your elbows close to your body.
3. Slowly lift your head and upper chest. Lean your head back and inhale deeply.
4. Holding this position, exhale through your mouth making a soft hissing sound.
5. Hold this pose for 5-10 breaths, hissing on all of the exhales.



BOW POSE

1. Lay flat on your stomach. Tuck your hands between the floor and your shoulders. Keep your elbows close to your body.
2. Inhale while you lift your head and upper chest. Face your head forward and inhale deeply.
3. Bend both knees so the soles of your feet facing upwards.
4. Reach back and grab your ankles with your hands. Feel the nice stretch in your back and chest.
5. Hold for 5-10 breaths.



BRIDGE POSE

1. Lie on your back. Bend your knees and rest your feet flat on the ground. Your feet should be directly below your knees.
2. Place your arms at your sides, the palms of your hands flat on the ground.
3. Tuck your chin into your chest. Using your stomach and buttocks muscles, lift your hips and spine off the ground.
4. Hold for 5-10 breaths.



WATER

YOGA AND MINDFULNESS

FOR CHILDREN

For when you feel:



Unstable



Tense



Selfish



Restless



Fearful

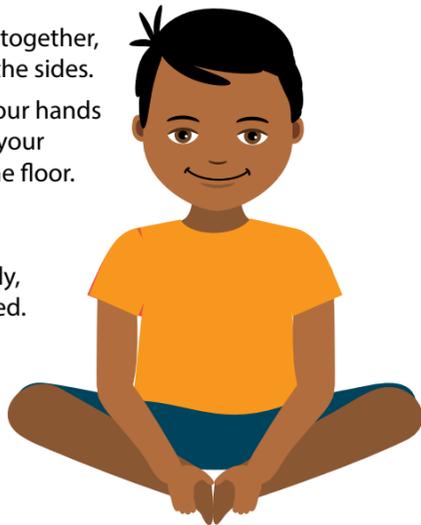


Emotional



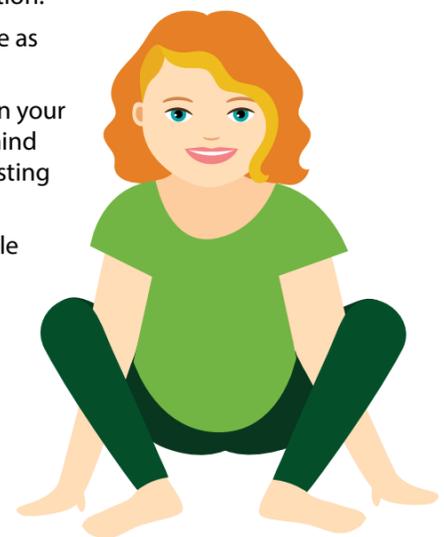
BUTTERFLY POSE

1. Sit on the floor. Make sure your back is nice and straight.
2. Bring the soles of your feet together, letting your knees drop to the sides.
3. Hold on to your feet with your hands and inhale while you push your knees and thighs toward the floor.
4. Exhale and gently bounce your knees to "flap your butterfly wings." Start slowly, and gradually increase speed.
6. Continue for several breaths, then straighten out your legs in front of you and relax.



FROG POSE

1. Start in a squatting position.
2. Open your knees as wide as possible.
3. Place your arms between your legs and wrap them behind your legs, your hands resting palm down on the floor.
4. Adjust your body to settle into this position, make adjustments as needed.
4. Hold for 7 - 10 breaths.



CROW POSE

1. Start on your hands and knees, making sure your hands are below your shoulders, fingers outstretched.
2. Walk your feet forward until your knees touch your elbows.
3. Lean forward, bending your elbows slightly to create a shelf for your knees to rest on.
3. Rest your knees on your elbows, shift your weight forward so you are balanced on just your arms.
5. Hold this pose for five breaths.
6. Exhale as you slowly roll yourself back down to your hands and knees.



IGUANA POSE

1. Start by standing with your feet hip-width apart.
2. Step your left foot forward and bend your left knee until your knee is directly over your ankle.
3. Lower your right knee and extend your leg as you lean forward and let your hands touch the floor.
4. Lean slightly forward until you feel a nice stretch in your legs.
5. Hold for 5-10 breaths.
6. Repeat on the other side.



FIRE

YOGA AND MINDFULNESS

FOR CHILDREN

For when you feel:



Irritable



Depressed



Nervous



Lazy



Angry

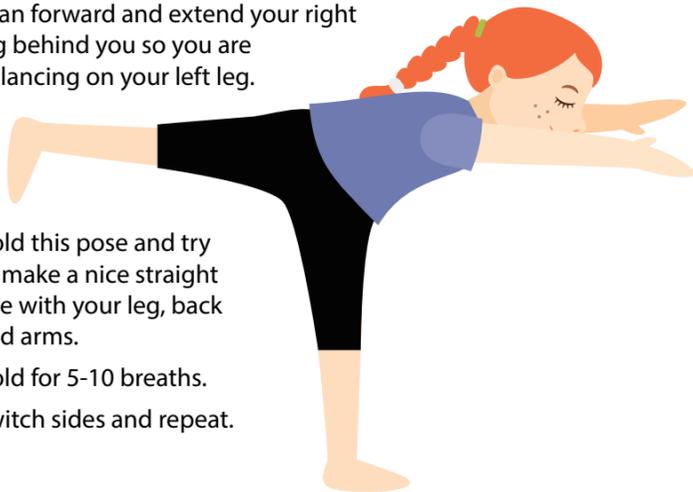


Withdrawn



PARROT POSE

1. Stand straight, and tall and reach your arms straight out in front of you.
3. Lean forward and extend your right leg behind you so you are balancing on your left leg.



4. Hold this pose and try to make a nice straight line with your leg, back and arms.
5. Hold for 5-10 breaths.
6. Switch sides and repeat.



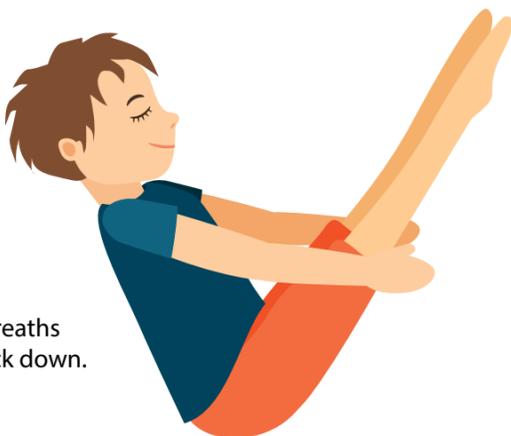
TIGER POSE

1. Start from your hands and knees. Make sure your hands are below your shoulders and your knees are below your hips.
2. Inhale and lift your right leg up, keeping your leg bent, and lift up your head back. Feel as if you are trying to touch the back of your head with your foot.
3. Exhale and round your back while lowering your knee and head. Feel like you are trying to touch your knee to your nose.
4. Repeat steps 2 and 3 3-5 times.
5. Repeat on the other side.



BOAT POSE

1. Start by sitting on the ground with your legs straight out in front of you. Your back should be nice and straight.
2. Roll back so you are balancing on your tail bone. Keep your body in the L shape.
3. Stretch your arms forward. Keep your back straight by sucking in your tummy.
4. Hold for 10 to 15 breaths then slowly roll back down.
5. Repeat 5-10 times.



CHAIR POSE

1. Stand with your feet hip-width apart and your arms by your sides.
2. Inhale and raise your arms over your head.
3. Exhale, bend your knees and lean back (like you are going to sit in an invisible chair). Lean forward with your upper body to remain balanced.
4. Hold for up to one minute.
5. Repeat 5-10 times.



SPACE

YOGA AND MINDFULNESS

FOR CHILDREN

For when you feel:



Tense



Detached



Mistaken



Unfocused



Isolated



Withdrawn



SAVASANA POSE



1. Find a comfortable position laying down or sitting.
2. Close your eyes. Adjust your body if needed to make yourself more comfortable.
3. Staying as still as you can, breath in and out slowly through your nose.
4. Help your body to relax and let go of tension by focusing on your breathing and pushing away thoughts that enter your mind.
4. Repeat as long as you like.



STAR POSE



1. Stand with your feet wide apart and your arms out to your side.
2. Adjust your feet so they are pointed outward.
3. Inhale and look up at the sky. Feel your body take a star shape.
4. Exhale and stretch your body on all of the points of the star (your hands, feet and head).
5. Hold for 5 to 10 breaths.
6. Repeat 5-10 times.



FISH POSE

1. Lay flat on your back with your legs extended and your hands alongside your body, palms down.
2. Point your toes and move your hands between your bottom and the floor.
3. Press your forearms and elbows against the floor to lift your chest and arch your back. Tilt your head back so the crown of your head rest on the floor.
4. Hold this pose for 10-15 breaths, then relax.
5. Repeat 5-10 times.



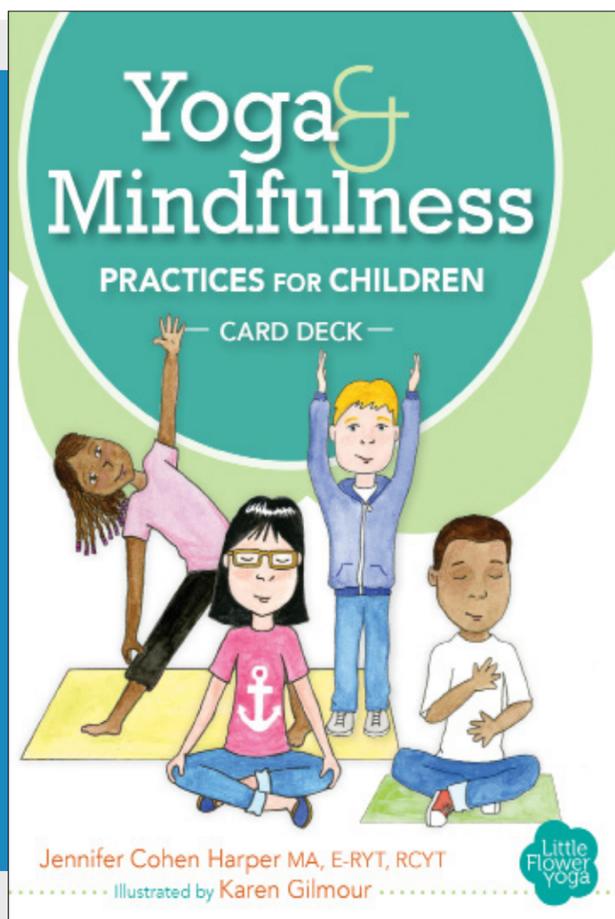
LION POSE

1. Kneel resting your hips on your heels.
2. Move your knees apart.
3. Place your hands between your knees and rest them on the floor with your thumb pointing forward.
3. Inhale deeply and then exhale. On the exhale, open your eyes and mouth as much as you can. Stick out your tongue and give your best lion roar.
4. Inhale and relax your face.
5. Repeat steps 3 and 4, 2-5 times.



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about the authors



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Mayuri Gonzalez, E-RYT, RCYT & Argos Gonzalez, MEd are nationally known trainers and instructors for yoga and mindfulness, with decades of experience working with children and adolescents.



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5 ELEMENTS OF
YOGA & MINDFULNESS

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