

Children's Yoga Booklet

By

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Basic yoga poses – suitable for all ages

Mouse – Start on your knees. Push your bottom down to your heels (feet relaxed) and put your head to your knees. Hands go on or by your feet. This pose is always great to begin with. It is very calming pose and encourages children to be quiet.



Lion – Start in mouse pose. Reach up, lift your bottom off your heels and reach your arms right up to the ceiling. Make sure your feet are relaxed. Roar as you reach up! This pose is great to release energy and allows children to be noisy when you ask them to.



Mouse to lion is a great wake me up or good to use after wet play time before you start work. It doesn't take up much room and you can do on the carpet before you start working. It allows the children to release their extra energy - repeat 5 times then on the last one instead of roaring, shout 'we're ready to work' and then stand up and back to your seats.

Sad Cat, Happy Cat – Start on your hands and knees. Place your hands under your shoulders and knees under your hips. Draw your chin to your chest and draw your belly button in towards your back so your back becomes rounded. Then lift your head and drop your back so that it dips. Repeat 5 times.



Sad cat, happy cat is great to improve range of motion in the back (flexion, extension through the spine). Younger children will struggle with the hands and knees concept and will often put their heads on the floor.

Camel – Start on your knees with your bottom lifted off your heels. Place your hands on your feet and keep your bottom lifted from your feet. Drop your head back so your tummy forms the camels hump.



Younger children will struggle with camel pose as their limbs may not be long enough. If it is easier, they can place their hands on the floor behind them and then lift their bottom up and progress from here.

Dog – Hands on the floor roughly underneath your shoulders. Bottom in the air, legs as straight as possible and pushing your heels down into the floor. This is a great stretch for hamstring flexibility – important especially for boys (generally less flexible in hip/leg area).



Snake – Lie on your tummy with your legs straight and feet relaxed. Push your arms up so they are straight and lift your head up. Try to keep your hands under your shoulders.



Try to get the children to practise going from dog to snake in one move – they should only drop their hips and relax their feet.

Seal – Begin in snake pose. Keep your arms straight and just bend your knees so your feet go towards your head. Tip your head back to try to meet your feet.



Rocking Horse – Lie on your tummy. Take hold of your feet with your hands and lift your head up off the floor (shoulders and chest too if you can). Hold the pose then rock side to side and backwards and forwards.



Snake – seal – rocking horse is a great sequence for improving lower back flexibility and range of motion. Requires good core strength too.

Butterfly – Sit on your bottom with your legs bent and the soles of your feet together so your knees drop out wide. Start moving (flapping) your legs and then add in your arms. Fly slow and fast. Where can you fly too?

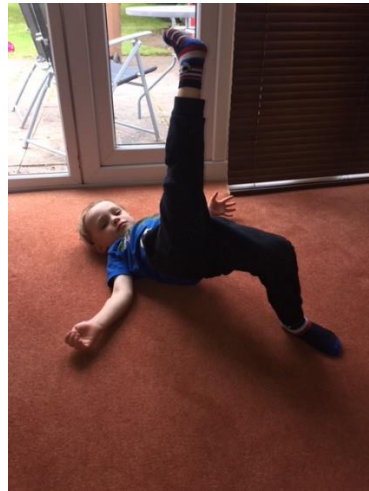


Turtle – Sit on your bottom with the soles of your feet together and your knees dropped out wide. Place your hands through the inside of your legs and slide them through. Push your nose to your toes.



Butterfly & Turtle are great poses to do on the carpet in class too as they don't take up much space. You can do with shoes on too.

Blue Whale – Lie on your back with your head relaxed on the floor and your arms out by your side. Bend your legs and keep your feet on the floor. Then lift your bottom up off the floor and go into a bridge position. From here, lift one leg up to the ceiling (water spurting out of whale). Repeat the other side. This is a great core strengthening pose.



Dragonfly – Lie on your back. Go into a shoulder stand and then cycle your legs like you're flying. Use your hands to support you if needed (this is fine if it helps to lift you up high enough) or hands can be flat on the floor. We want your bottom and most of your back to be lifted. This is a great core strengthening pose.



Frog – Start in a standing position. Crouch down so your legs are bent, and your hands are on the floor. Jump up like frog then back down into the start position. Repeat 5-10 times. Great to practise counting/times tables/counting in different languages. This is a re-energising pose and good to do in between practising balancing poses.



Balancing poses – Help improve core strength and concentration. Make sure you are standing still, not moving your head, lips are closed, and you are focusing on an object.

Flamingo – Standing up on your feet. Lift one foot off the floor and take your arms out wide. Repeat on the other side.



Tree – Standing on your feet. Place one foot on the inside of your opposite leg. Place the palms of your hands together. When your balance improves, grow your tree so your arms reach up to the ceiling. Repeat on the other side.



Aeroplane – Start standing. Lift one leg off the floor and extend it backwards. Take your arms out wide in line with your shoulders. Repeat on the other side.



Pizza – Sit on your bottom with your legs out straight in front of you. Make sure your legs are together and your knees don't bend. Your legs are the pizza dough. Begin by spreading tomato sauce on your legs then add on grated cheese. Then choose your toppings! Allow children to pick their own toppings and try to put toppings in between your toes. Once your pizza is cooked, eat it up! Take hold of one leg using BOTH of your hands and pretend to eat your pizza up. Try not to put your hands on the floor whilst doing this is engage your core muscles.



This is a great cool-down activity and stretch to use at the end of your PE lesson. You can also make cakes/birthday cakes and ice cream sundaes using your legs!

Polar Bear – Start in a mouse pose. Place your hands round your nose (your nose is in the snow) and turn your feet out. Try to push your bottom down to your heels.



Dolphin – Place your forearms on the floor and create fists with your hands. Push your bottom up so your legs are straight. This replicates a plank position and is a great core strengthening exercise.



Sequences –

Basic:

Mouse – lion – dog – snake – seal – rocking horse

Butterfly – turtle – dragonfly – blue whale

Frog – flamingo – frog – aeroplane – frog – tree (use frog to break up this sequence)

Advanced:

Mouse – Lion – camel – sad cat, happy cat – polar bear – dog – dolphin - snake – seal – rocking horse – frog – flamingo – aeroplane – tree – frog – butterfly – turtle – dragonfly – blue whale