

Yoga cards



Yoga is a great way to get children moving their bodies and can improve their flexibility, strength, and balance. When practiced often, yoga is known to help children regulate their emotions and boost their mood overall. Yoga is also a good activity for building mindfulness and routine into the day, which can help with concentration and learning in the classroom.

There is no need for equipment or special clothing to participate, and there is a pose for a range of skill levels and abilities!

Each pose has a difficulty rating shown at the bottom of the card, which is also illustrated by the colour of the card's border.

- **Green = DIFFICULTY I**
- **Blue = DIFFICULTY II**
- **Purple = DIFFICULTY III**

You can use the yoga cards in a variety of ways:

- 1. Yoga read and follow:** select some cards and place them on the floor or on a whiteboard and read out the instructions as the children follow along.
- 2. Yoga card flip:** place the cards face down in a pile. Take it in turns and select one student (or player) to flip over the top card. Everyone must “strike a pose.”
- 3. Yoga pose charades:** place the cards face down in a pile. Take it in turns and select one student (or player) to flip over the top card, without any other players seeing the card. The player then demonstrates the pose on their selected card, and the rest of the children must guess the name of the yoga pose. Repeat the process until each player has had a turn.
- 4. Yoga pose fidget spinner:** cut a small arrow out of card paper and stick it to one side of a fidget spinner. Place the spinner on the floor with 6-8 cards around it, spin the arrow, and get the kids to do the pose the arrow is pointing to.

These are just some of our suggestions for getting kids moving in the classroom. Try these out, have some fun, and have a go at creating your own!

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CAT POSE

DIFFICULTY I

Get on all fours, round your back toward the sky and tuck your chin into your chest.

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COW POSE

DIFFICULTY I

Get on all fours, push your tummy towards the floor, open up your chest and look up.

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DOWNWARD DOG POSE

DIFFICULTY II

Stand tall, bend over, touch your toes, place your hands flat on the ground and step your feet back one at a time. Create an upside-down V shape keeping your buttocks high in the air. Straighten your legs and look at your feet.

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BABY COBRA POSE

DIFFICULTY II

Lie on your tummy and place your hands and forearms flat on the ground in front of you. Press into your arms lifting your head and shoulders off the ground and keep your toes flat

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CHILD'S POSE

DIFFICULTY I

Get on all fours, separate your knees and sit on your heels. Bring your forehead down to the ground and stretch your arms out in front of your body. Hold and take a few deep breaths.

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BRIDGE POSE

DIFFICULTY II

Lie on your back, bend your knees and place your feet on the floor close to your buttocks. Lift your hips up, keeping your arms, shoulder and head on the floor. Hold and take a few deep breaths.

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MOUNTAIN POSE

DIFFICULTY I

Stand tall with your feet in line with your hips, toes facing forward and bring your hands together in front of your chest. Hold and take a few deep breaths.

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EXTENDED MOUNTAIN POSE

DIFFICULTY I

Stand tall, bring your hands together, stretch your arms up to the sky and look toward your fingers. Hold and take a few deep breaths.

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HAPPY BABY POSE

DIFFICULTY II

Lie on your back, bend your knees towards your armpits and face the soles of your feet to the sky. Grab your feet keeping your knees bent and your shoulders on the ground. Hold and take a few deep breaths.

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TRIANGLE POSE

DIFFICULTY III

Stand tall, step one foot back pointing outwards and stretch your arms out sideways in line with the ground. Twist your tummy to one side and reach over your thigh bringing your hand down to rest on your shin. Reach the other arm straight up. Hold and take a few deep

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BUTTERFLY POSE

DIFFICULTY I

Sit on the ground, bend your knees and bring the soles of your feet together. Sit up tall and let your knees fall towards the floor. Hold and take a few deep breaths.

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SEATED FORWARD BEND POSE

DIFFICULTY I

Sit on the ground with your legs straight out in front. Reach for your toes and fold forward, trying to grab your feet. Hold and take a few deep breaths.

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SQUAT POSE

DIFFICULTY II

Stand tall and place your feet a little wider than your hips, stretch your arms overhead and begin to squat down bringing your buttocks toward the floor. Slowly bring your hands together toward your chest. Hold and

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THREE-LEGGED DOG POSE

DIFFICULTY III

Stand tall, bend over, and touch your toes. Place your hands flat on the ground and step your feet back one at a time. Create an upside-down V shape keeping your buttocks high in the air, lift one leg straight up. Hold and take a

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WARRIOR 1 POSE

DIFFICULTY II

Stand tall, step into a lunge with your knee in line with your front foot, point your front toes forward, and turn your back toes to the side. Bring your palms together, raise your arms above your head and look up. Hold and take a

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WARRIOR 2 POSE

DIFFICULTY II

Stand tall, step one foot forward, stretch one arm in front and one arm back, palms facing down. Point your back toes out to the side and bend your front leg into a lunge. Look forward at your fingertips. Hold and take a few deep

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WINDMILL POSE

DIFFICULTY I

Stand tall, step your feet wide apart and stretch your arms out to your sides. Bend down and touch one hand to your opposite foot, come back to standing and switch to the opposite side.

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RESTING POSE

DIFFICULTY I

Lie on your back, let your legs and arms fall to your sides with your palms facing towards the sky. Close your eyes, take some deep breaths, and begin to relax every part of your body.

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CHAIR POSE

DIFFICULTY II

Stand tall, place your feet in line with your hips, bend your knees, and pretend to sit on a chair. Reach your hands above your head. If you are feeling balanced, come up onto your tippy toes.

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TREE POSE

DIFFICULTY III

Stand tall, bend your knee, lift the sole of your foot to the opposite inner thigh, and try to balance. Extend your arms out and slowly raise them above your head, pressing your hands together. Hold and take a few deep breaths.