

Taking time to exercise is good for your body, but don't forget to exercise your mind too! Literacy skills are like muscles—the more you use them, the stronger they get!

Why yoga?

Yoga is great for your body and mind. Most people know that yoga improves flexibility, balance, and general well-being. But did you know that it also helps concentration and confidence? Now your child will be ready to focus and learn!

What do you do?

1. Dress in comfortable clothing and use a yoga mat or a folded blanket.
2. Say the name of the yoga pose out loud and describe what you're doing in the pose. Help your child do the pose and count three breaths in and out for each pose.
3. Ask older children to say a word that begins with the same letter as the pose you're doing.
4. Use different voices as you describe each pose and have fun!



Tree

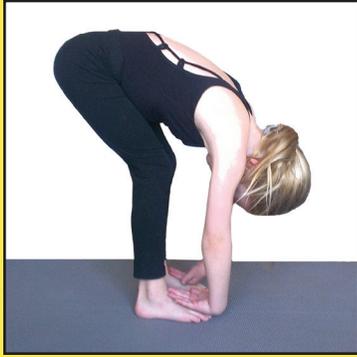
- stand tall
- shift your weight to your right foot
- bend your left leg to bring your foot to your thigh (or inner knee)
- balance carefully
- find a spot on the wall to focus on to help your balance
- bring your hands together in front of you
- advanced: raise your arms over your head
- now try this pose on your left foot

Downward Dog



- get on your hands and knees (like a dog)
- start to straighten your legs and lift your hips up to the sky
- keep your hands on the floor
- spread your fingers out
- bring your head down and look at your feet
- breathe in and out slowly through your nose

Be A Yogi



Rag Doll

- from standing, gently fold in half from your waist
- let your arms and hands hang down
- bend your knees a little
- relax your back
- breathe in and out slowly



Elephant

- stand tall
- bend forward, at your waist keeping your legs straight
- clasp your hands together in front of you
- swing your arms back and forth (like an elephant's trunk)
- walk around slowly and stomp (like an elephant would!)



Bridge

- lie on your back
- bend your knees
- place your arms at your sides
- lift your hips off the floor (make a bridge)
- press your shoulders into the floor to lift your hips a bit higher
- breathe in and out slowly



Happy Baby

- lie on your back
- bring your knees to your chest
- hold a foot in each hand
- breathe in and out slowly

Taking it Further

Try Alphabet Yoga by posing in the shape of letters!