

# Tall tree

Tree is a pose that requires us to still our minds so it is a perfect pose to help us **calm down**. On different days or at different times we may struggle so do let your child/children know they are doing well in the moment.

1

**Start by standing up straight** with your arms by your sides.

Pull in your tummy and keep your head still, to help you balance.

Keep your legs straight and strong.

2

**Now imagine that one foot is planted into the ground.** Put the other foot on top of it and bring your hands together into Namaste position.

## Try this

If you're finding it hard to balance, try Swaying Palm Tree. Link your fingers together, stretch your arms up straight in the air, and bend over to one side. Then bend over to the other side.

Your palms should be facing out.

Keep both your feet planted on the mat.

3

**If your balance is good today,** you can try bringing your lifted foot higher on your leg. Push your foot and your leg into each other and count how long you can stay here. When you've finished, try the pose again on the other side.

Try looking at something in front of you to help you balance.

Stretch your arms up and out above your head, as if they were branches.

You can use your hand to help pull your foot up.

Press your lifted foot into your standing leg. Make sure it is above or below your knee, not on your knee.

## SAFETY INFORMATION

Any physical activity has some risk of injury. Please be aware of your child's limitations and encourage them not to force or strain their bodies, and supervise and help as necessary. While the poses are helpful, they are not a substitute for medical advice.

