

Wellbeing at Home: Yoga for Kids



Warm-up sequence

When you do yoga, it is important to stretch your body to get it ready. This is called warming up. Here are some poses to warm up your muscles and focus your mind.

1

Shoulder shrugs

Start with this exercise to loosen up your shoulders. Sit on the floor with your legs crossed and bring your shoulders up to your ears. Then, with a big sigh, let them drop down. Do this three times.



2

Seated side stretch

Next take a big breath in and stretch your arms high above your head. As you breathe out, bend your body and move your arms over to one side. Breathe in and come back to centre, then bend to the other side when you breathe out again. Repeat this twice on each side.



3

Rocking the baby

Bring your hands down from above your head and cradle one of your legs with your arms. Gently rock it from side to side. Repeat this with your other leg.



If your lower back feels rounded, sit on a folded towel or yoga block.

4

Leg stretch

Once you've rocked your leg, grip the toes of one of your feet and lift your leg out to the side. It doesn't matter if you can't straighten it completely. Bring your leg back in and then do the same on the other side.



5

Stretching cat

Finally, shift onto your hands and knees. Breathe in, lift your head and chest forwards, and let your back sink down. As you breathe out, round your back and look towards your stomach. Do this three times.

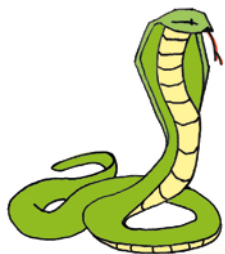


Try this calming practical activity at home.

Suitable for 7-9 years

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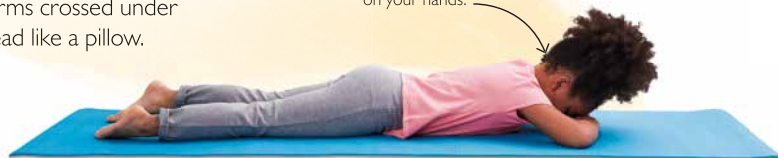


Hissing cobra

When a cobra is giving a warning, it lifts its head and stretches its body up. Can you lift your head high and hiss like a snake?

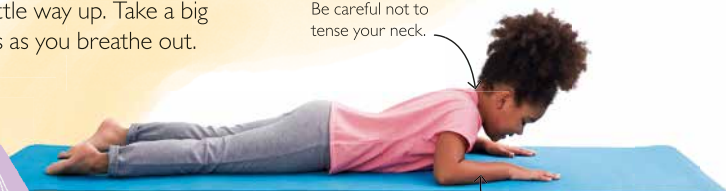
1 Start by lying on your front with your arms crossed under your forehead like a pillow.

Rest your head on your hands.



2 Move your hands so your elbows are positioned under your shoulders, then lift your head a little way up. Take a big breath in and hiss as you breathe out.

Be careful not to tense your neck.



Keep your forearms flat on the mat.

Try to get the tops of your feet flat on the floor.

This pose increases flexibility of the spine and opens up the chest to improve breathing. Once in the pose, encourage your child to keep their shoulders away from their ears. Bending their arms a little will help with this.

FOR THE GROWN-UPS...



Pull your shoulders back and down to open up your chest.

Try this

To give your back a more gentle stretch, try Sphinx Pose. This will make you feel big and powerful, just like the mythical Egyptian Sphinx.

Lift your head and chest and look straight ahead.

Keep your forearms flat on the mat with your elbows bent.



Imagine you are a snake slithering through the grass.

3

Now try to lift up higher.

Slide your hands forwards a little bit and pull in your tummy. Take a big breath in and hiss when you stretch up, then lie back down and rest.



Practice this yoga move, then use it in the full sequence at the end of this pack.

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Lion's breath

When a tired lion yawns, it opens its mouth wide and stretches out its tongue. Pretend to be a lion and wake up your face with this playful pose.

 FOR THE GROWN-UPS...

This pose is great at relieving tension in the face and chest. It also helps to strengthen the voice and encourages kids to be more confident when speaking and singing.

Keep your head straight and look up at the ceiling.

Stretch your tongue as far down towards your chin as you can.

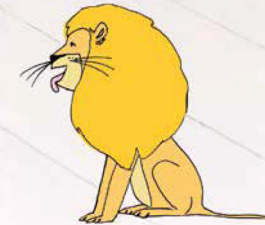
Your thumbs should be near your knees.

1

Start by kneeling with your bum on your heels, your big toes together, and your knees apart. Lean forwards and put your strong lion paws on the floor. Turn your hands backwards so that your fingers are pointing towards you.

2

Make your back long, lift your chest, and take a big breath in. Open your mouth as wide as possible and stick your tongue out. Let out a loud sighing noise like a lion.



Practice this yoga move, then use it in the full sequence at the end of this pack.

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Energetic sequence

It is normal to feel tired and worn out from time to time. This sequence is great for helping you feel full of energy.

1

Downward Dog

Start on your hands and knees and lift your bum up into the air into Downward Dog. Keep your arms strong, your fingers spread out, and push your body towards your legs. Stay here for five breaths.



2

Table

Next lower your knees to the mat so that you're on your hands and knees again. Then lie down on your front.



3

Cobra

Now put your hands on the floor in front of your shoulders and slowly peel yourself up into Cobra Pose. Do this twice, resting for a few moments in between and when you've finished.



Slowly lift yourself up off your yoga mat.

4

Bow

Extend both your legs and hold your ankles. Keep your head and chest lifted and pull your feet back and up towards the ceiling. Stay here for three to five breaths and then kneel.



5

Lion

From kneeling, spread your knees wide but keep your big toes touching. Put your hands on the floor. As you breathe out, make a noisy lion sigh. Repeat this three times.



Stick your tongue out to your chin and look up at the ceiling.

6

Namaste

Finally, sit with your legs crossed and eyes closed. Think about how you are breathing, then bring your hands together into Namaste position.



Namaste position



Use this yoga sequence to boost your energy levels whenever you are feeling tired throughout the day.

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