

Restorative Yoga Poses to Calm & Relax



CALMING Yoga Cards FOR KIDS

KidsYogaStories.com

© Kids Yoga Stories

Index

Easy Pose

Seated Side Bend

Cat Pose

Cow Pose

Squat Pose

Mountain Pose

Eagle Pose

Extended
Mountain Pose

Standing
Forward Bend

Standing Half
Forward Bend

Downward-Facing
Dog Pose

Extended
Child's Pose

Pigeon Pose

Hero Pose

Child's Pose

Cobbler's Pose

Wide-Legged
Seated Forward
Bend

Reclining Hand-
to-Big-Toe Pose

Reclining
Bound Angle

Bridge Pose

Happy Baby Pose

Lying Twist

Legs Up
the Wall Pose

Resting Pose

Welcome to the Calming Yoga Cards for Kids

Restorative Yoga Poses

These CALMING YOGA CARDS FOR KIDS combine forward bends, hip openers, and spine stretches, which are all restorative postures. Calming poses allow you to slow down your yoga practice, take deep breaths while in the pose, soothe your nervous system, and turn inward. These yoga poses are listed in a specific sequence to create a safe kids yoga experience that encourages flow from one pose to the next.

Breath-Body-Mind Connection

Once you feel comfortable and confident in teaching these yoga poses to children, begin to introduce breathing techniques, body sensations, and positive affirmations in a light-hearted way. Always remember to breathe.

Welcome to the Calming Yoga Cards for Kids

(continued)

Breath: You can start slowly in Easy Pose while taking three deep breaths and then pause in Mountain Pose for another three deep breaths. Try linking your breath (inhale-exhale) to movement in the Cat-Cow Flow. Also, try Extended Exhale in Extended Child's Pose and pause in Hero Pose to close your eyes (if that's comfortable) and breathe deeply.

Body: To bring warmth and comfort to your body, try rubbing your hands together in Easy Pose and placing your palms on your chest while you take a few deep breaths. Try that again in Mountain Pose. In Hero Pose, rub your legs and then hold your palms still on your knees while taking a few deep breaths.

Welcome to the Calming Yoga Cards for Kids

(continued)

Mind: You could set a positive intention as you begin the class, like “I am open to new ideas” or “I am loved and cared for.” Or you could say positive affirmations throughout the yoga practice with your children, like “I am calm,” “I am kind,” or “I am safe.” As you link breath to movement, think “joy” to yourself as you inhale and think “love” as you exhale. You might also use any other inspiring words that come to mind. You could also ask the children to imagine they are somewhere calm and relaxing, like by the ocean, listening to the waves.

Target Ages

You can adjust the number of yoga poses to practice depending on the time available and the ages, needs, and energy levels of the children.

Welcome to the Calming Yoga Cards for Kids

(continued)

For example, you might practice two poses with toddlers, five poses with preschoolers, ten poses with primary-aged children, or all twenty-four poses with older children. The CALMING YOGA CARDS FOR KIDS are designed to be a guide and can be adapted to suit your needs. Recommended for ages 3+.

Calming Yoga Tips

The yoga poses in the index are sequenced specifically to invite flow from one pose to the next.

Remember to take full, deep breaths in each pose.

Focus on having fun with movement, not on practicing perfectly aligned poses.

Engage the children.

Follow their passions and interests.

Create authentic, meaningful experiences.

Cater to their energy levels and different learning styles.

Adjust the number of yoga poses depending on the time available and the ages, needs, and energy levels of the children.

Calming Yoga Tips

(continued)

Be creative and enjoy yourself—the kids will notice your enthusiasm.

Wear comfortable clothing and practice barefoot.

Make safety a top priority—clear the space of obstacles and be safe with your bodies.

Encourage the children to share their yoga experiences with their families and friends.

Feel free to add your own calming affirmations, music, relaxation stories, or aromatherapy.

Make this yoga experience your own.

These yoga cards are designed to be a guide and can be adapted to suit your needs.



Easy Pose

Easy Pose

Sit cross-legged and rest your palms on your knees. Close your eyes, if you are comfortable doing so. Rub your hands together and then rest your palms on your chest. Take three deep breaths and relax your body.



Seated Side Bend

Seated Side Bend

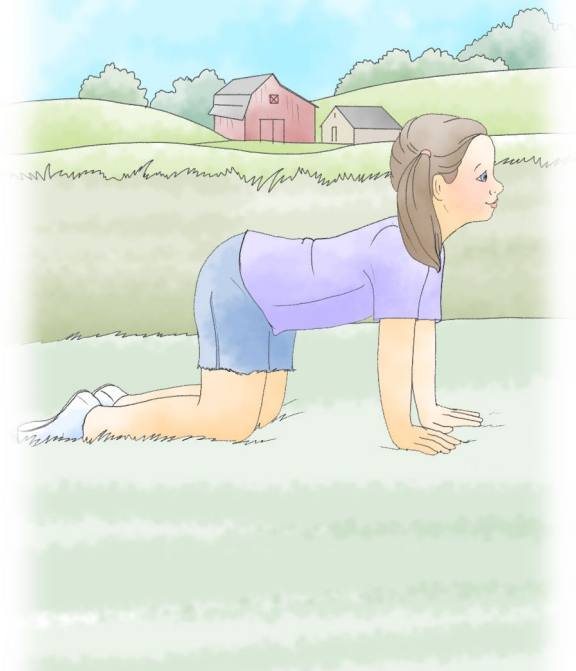
Come to sitting comfortably cross-legged. Place your right hand flat on the ground straight out to the side. Then reach your left hand over your head, tilting your upper body to the right. Keep your buttocks on the ground. Feel the gentle stretch in your left side. Come back to center and repeat on the other side.



Cat Pose

Cat Pose

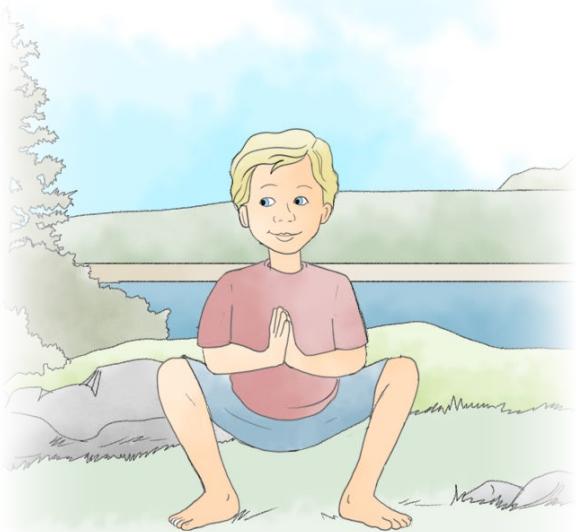
On all fours, round your back and tuck your chin into your chest.



Cow Pose

Cow Pose

On all fours, look up, arch your back, and open your chest.



Squat Pose

Squat Pose

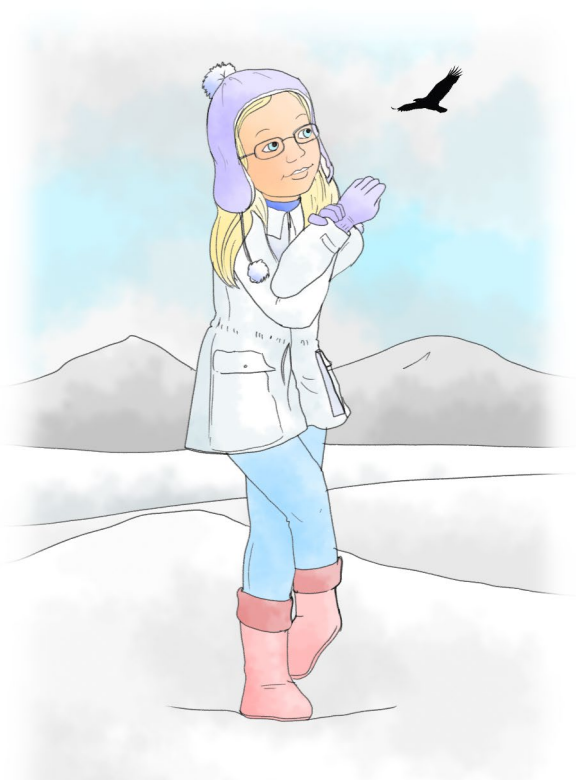
Come down to a squat with your knees apart and your arms between your knees. Touch your hands to the ground.



Mountain Pose

Mountain Pose

Stand tall with your legs hip width apart and feet facing forward. Take your arms straight alongside your body. Rub your hands together and then rest your palms on your chest. Take three deep breaths and relax your body.



Eagle Pose

Eagle Pose

Stand tall in Mountain Pose. Wrap your left leg around your right. Bring your bent arms out in front of you, wrap your right arm around your left arm, and bend your knees slightly. Switch sides and repeat the steps.



Extended Mountain Pose

Extended Mountain Pose

Stand tall in Mountain Pose, inhale, look up, and raise your arms straight up to the sky. Then exhale and bring your arms back down alongside your body. Repeat the inhale, raising and lowering your arms, for a few breaths.



Standing Forward Bend

Standing Forward Bend

Stand tall with legs hip width apart, feet facing forward, and straighten your arms alongside your body. Bend your upper body and reach for your toes.



Standing Half Forward Bend

Standing Half Forward Bend

Stand tall with your big toes touching and your ankles slightly apart. On an exhale, bend your upper body and drop your hands down to your toes. Hang your head, relax your shoulders, and reach for your toes. On an inhale, come up to a flat back and gently rest your palms on your calves. Look slightly forward in front of your feet and ensure your spine is straight. Hold this pose for a few breaths then release your hands back to your toes.



Downward-Facing Dog Pose

Downward-Facing Dog Pose

Step back to your hands and feet in an upside-down V shape, with your buttocks up in the air.



Extended Child's Pose

Extended Child's Pose

Sit on your heels, slowly bring your forehead down to rest in front of your knees, place the palms of your hands flat out in front of you, and take a few deep breaths.



Pigeon Pose

Pigeon Pose

From an all-fours position, bring your right knee to rest behind your right hand, angling your right foot slightly inward. Gently take your buttocks down to the ground with your left leg extended straight out behind you. You might try placing a block under your right thigh. Keep your palms flat on the ground on either side of your right knee and look forward, keeping a straight spine. Repeat on the other side.



Hero Pose

Hero Pose

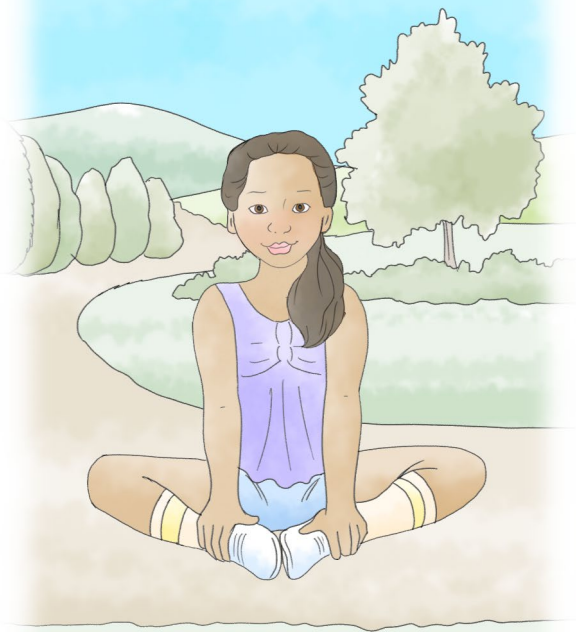
Come to rest upright on your heels with your palms resting on your knees. Close your eyes, if you are comfortable doing so. Rub your palms on your thighs and then hold them still while taking three deep breaths.



Child's Pose

Child's Pose

Sit on your heels, slowly bring your forehead down to rest on the floor in front of your knees, rest your arms down alongside your body, and take a few deep breaths.



Cobbler's Pose

Cobbler's Pose

Sit on your buttocks with a tall spine, bend your legs, place the soles of your feet together, and gently press into the stretch.



Wide-Legged Seated Forward Bend

Wide-Legged Seated Forward Bend

From a sitting L position, take your straight legs out wide and flex your feet. Slowly bend your upper body, keeping a straight spine. Place your hands on the ground in front of you between your legs.



Reclining Hand-to-Big-Toe Pose

Reclining Hand-to-Big-Toe Pose

Lie flat on your back with your legs straight. Hug your right knee into your chest. Flex your left foot and interlace your hands behind your right thigh. Straighten your right leg, pointing your heel to the sky. Switch sides and repeat the steps.



Reclining Bound Angle

Reclining Bound Angle

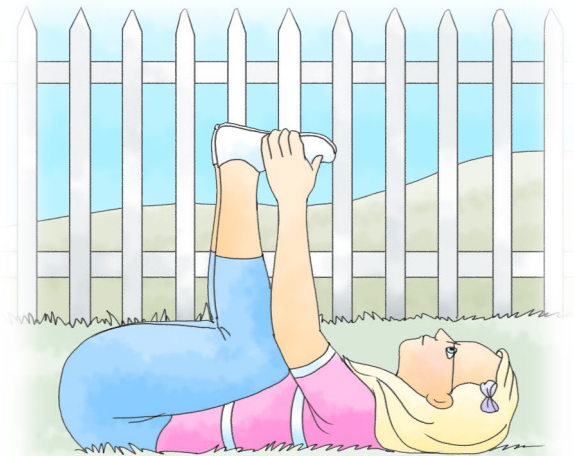
Lying on your back, bend your knees out to the sides and bring the soles of your feet together. Take your arms out to rest at your sides. Let your whole body melt into the ground and take a few deep breaths. Place blocks or blankets under your thighs, if that's more comfortable.



Bridge Pose

Bridge Pose

Lie on your back with your knees bent and your feet flat on the ground. Rest your arms down alongside your body, with your palms flat on the ground. Tuck your chin into your chest and keep your spine straight. On an inhale, lift your buttocks.



Happy Baby Pose

Happy Baby Pose

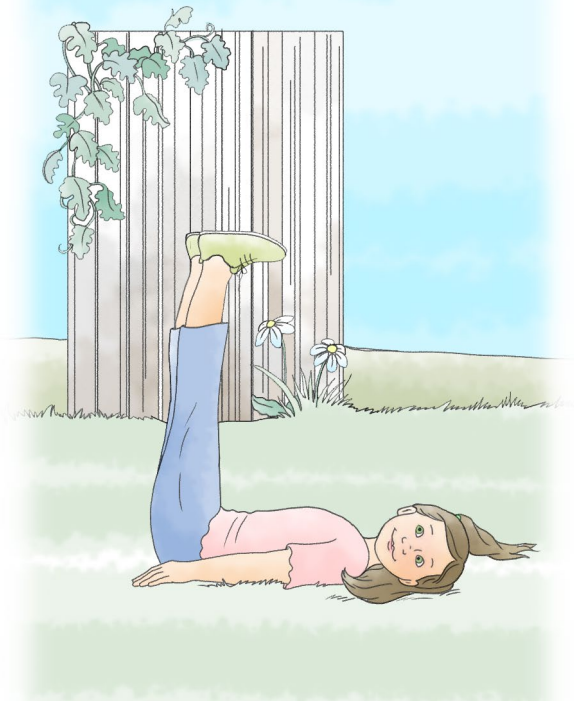
Lie on your back with your chin tucked in, hug your knees into your chest, then grab the outer parts of each foot—right foot in right hand and left foot in left hand.



Lying Twist

Lying Twist

Lie flat on your back. Bend your legs and bring your knees together. Take your arms out parallel to the sides. Drop your knees over to the left and turn your head to look out to the right. You could take your left hand on top of your bent legs. Come back to center and repeat on the other side.



Legs Up the Wall Pose

Legs Up the Wall Pose

Lie flat on your back then slowly raise your legs straight up toward the sky, making an L shape with your body. Keeping your legs together, flex your feet. Spread your arms out to either side and keep your neck in a neutral position. You could rest your legs up a wall instead.



Resting Pose

Resting Pose

Lie on your back with your arms and legs stretched out. Breathe and rest.



KidsYogaStories.com

Find printing instructions here:

www.kidsyogastories.com/about-menu/printing-instructions

Sign up for our Kids Yoga Stories newsletter here:

www.kidsyogastories.com/get-updates

Learn yoga card games here:

www.kidsyogastories.com/yoga-cards-for-kids-games

Copyright © 2018 by Giselle Shardlow
Illustrations by Michael Koch & Valerie Bouthyette
All images © 2018 Giselle Shardlow

These yoga cards are intended for personal use only. All rights reserved. No part of these yoga cards may be reproduced in any form by any electronic or mechanical means, including photocopying, recording, or information storage and retrieval without written permission from the author. The author, illustrators, and publisher accept no responsibility or liability for any injuries or losses that may result from practicing the yoga poses outlined in these yoga cards. Please ensure your own safety and the safety of the children.

giselle@kidsyogastories.com

www.pinterest.com/kidsyogastories

www.instagram.com/kidsyogastories

www.facebook.com/kidsyogastories

www.twitter.com/kidsyogastories

www.amazon.com/author/giselleshardlow

www.goodreads.com/giselleshardlow