

# Feelings Yoga Cards

FOR KIDS



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## FEELING

## YOGA POSE

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# WELCOME TO THE FEELINGS YOGA CARDS FOR KIDS

The poses in these Feelings Yoga Cards for Kids were chosen to help release emotions throughout your body. Our bodies hold a lot of tension, and practicing yoga poses helps to release stuck or unwanted emotions. Yoga postures also help to ground us and bring us back to the center so that we can focus and make wise choices. Note that the yoga poses are listed in a specific sequence to create a safe kids yoga experience that encourages flow from one pose to the next.

## 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. For example, you might practice two poses with toddlers, five poses with pre-schoolers, ten poses with primary-aged children, or all eighteen poses with older children. The Feelings Yoga Cards for Kids are designed to be a guide and can be adapted to suit your needs. Recommended for ages 3+.



# FEELINGS

Each yoga pose is coupled with a feeling, which is optional. As you flow through the yoga sequence, try saying out loud (or to yourself) each of the associated feelings. Imagine that feeling flowing through your body and then release it outward. The feelings were chosen to help children become aware of their feelings and notice that feelings come and go. Familiarize yourself with the yoga sequence before introducing the feelings or jump right in and say each feeling as you try the yoga flow. Recommended for ages 5+.

## TIPS

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. Be creative and enjoy yourselves—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 family and friends. Feel free to add your own songs, music, relaxation stories, or props. Make the Feelings Yoga experience your own.

# HOW TO PRACTICE THE YOGA POSES

1. **Extended Mountain Pose:** Stand tall in Mountain Pose, look up, take your arms straight up to the sky, and touch your palms together. Take a deep breath and say, "I feel **grateful**."
2. **Warrior 2 Pose:** From a standing position, step one foot back, placing the foot so that it is facing slightly outward. Take your arms up parallel to the ground, bend your front knee, and look forward. Take a deep breath and say, "I feel **strong**." Switch sides and repeat the steps.
3. **Dancer's Pose:** Stand tall in Mountain Pose. Then stand on your right leg, reach your left leg out behind you, and place the outside of your left foot into your left hand. Bend your torso forward, with your right arm out in

# HOW TO PRACTICE THE YOGA POSES

(continued)

front for balance, and arch your leg up behind you. Take a deep breath, smile, and say, “I feel **excited**.” Switch sides and repeat the steps.

4. **Tree Pose:** Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf (just not the knee), and balance. Press your palms together at your heart center. Take a deep breath, look down at your fingers (or close your eyes), and say, “I feel **kind**.” Switch sides and repeat the steps.
5. **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. Take a deep breath, hug

# HOW TO PRACTICE THE YOGA POSES

(continued)

yourself close, and say, “I feel **cuddly**.”  
Switch sides and repeat the steps.

6. **Chair Pose:** Stand tall in Mountain Pose with your feet hip-width apart, bend your knees, and keep a straight spine. Take your arms straight out in front of you. Feel the heat build in your body as you hold the pose for a few deep breaths. Say, “I feel **brave**.”
7. **Standing Forward Bend:** Stand tall with your legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Bend your upper body, reach for your toes, and close your eyes. Let go of any tension in your body. Take a deep breath and say, “I feel **peaceful**.”

# HOW TO PRACTICE THE YOGA POSES

(continued)

8. **Squat Pose:** Come down to a squat with your knees apart, feet flat on the ground, and bring your palms together at your heart center. Tense up your face, take a deep breath, and say, “I feel **frustrated**.”
9. **Downward-Facing Dog Pose:** Step back to your hands and feet in an upside-down V shape, with your buttocks up in the air. Take a deep breath and say, “I feel **playful**.” You could play around with wiggling your buttocks side-to-side or lifting one leg at a time to create a Three-Legged Dog Pose.
10. **Plank Pose:** From Downward-Facing Dog Pose, come forward to balance on your palms and on your bent toes in a plank position. Keep your arms straight and your back long and flat. Feel the

# HOW TO PRACTICE THE YOGA POSES

(continued)

strength in your arms. Take a deep breath and say, “I feel **powerful**.”

11. **Upward-Facing Dog Pose:** Come down to lie on your belly. Place the palms of your hands next to your shoulders and look up. Then straighten your arms and expand your chest. Press your shoulder blades together and open your chest. Take a deep breath and say, “I feel **confident**.”
12. **Pigeon Pose:** From Downward-Facing Dog Pose, shift forward, bring your right knee to rest behind your right hand, and angle your right foot slightly inward. Bring your attention to the base of your spine, slowly pressing it toward the ground. Imagine releasing the emotions held in your hips and legs. Take a deep breath and say, “I am **worried**.” Repeat on the other side.

# HOW TO PRACTICE THE YOGA POSES

(continued)

13. **Hero Pose:** Come to rest upright on your heels with your palms resting on your knees. Close your eyes, if that's comfortable. Take a deep breath and say, "I am **wise**."
14. **Camel Pose:** Come to a kneeling position, with your toes either curled under or flat on the ground. Lift your head, open your chest, squeeze your shoulders, and place your palms on your buttocks. Gently take your hips forward while shifting your shoulders back, slowly arching your back. If comfortable, take your hands to your heels and relax your head. Take a deep breath, smile, and say, "I feel **happy**."
15. **Child's Pose:** Sit on your heels, slowly bring your forehead down to rest on the floor in front of your knees, and



# HOW TO PRACTICE THE YOGA POSES

(continued)

rest your arms down alongside your body. Tense your body and say, “I feel **cranky**.” Then take a deep breath and relax your body.

16. **Cobbler’s Pose:** Sit on your buttocks with a tall spine, bend your legs, and place the soles of your feet together. Take a deep breath and say, “I feel **safe**.”
17. **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 to create a bridge. Take a deep breath and say, “I feel **loved**.”

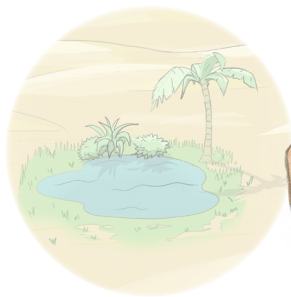
# HOW TO PRACTICE THE YOGA POSES

(continued)

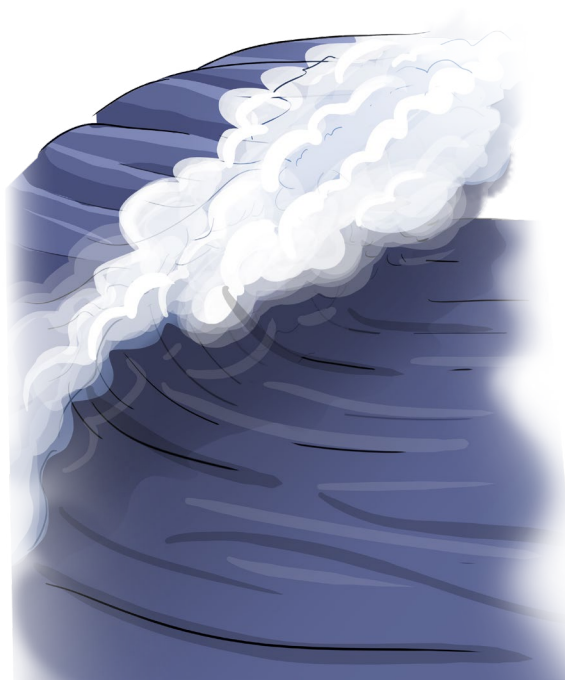
18. **Happy Baby Pose:** Lie on your back with your chin tucked in, hug your knees into your chest, then grab the outer parts of each foot—right foot in right hand and left foot in left hand. Take a deep breath and say, “I feel **carefree**.”
19. **Legs Up the Wall:** Lie flat on your back then slowly 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 also rest your legs up a wall instead. Take a deep breath and say, “I feel **focused**.”
20. **Resting Pose:** Lie on your back with your arms and legs stretched out. Breathe and rest. Take a deep breath and say, “I feel **calm**.”



**I feel grateful.**



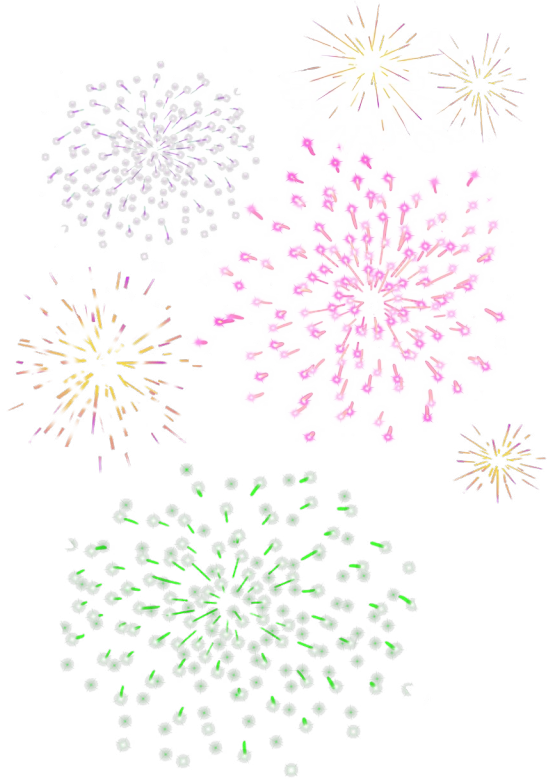
# Extended Mountain Pose



**I feel strong.**



# Warrior 2 Pose



**I feel excited.**



# Dancer's Pose





**I feel kind.**



# Tree Pose



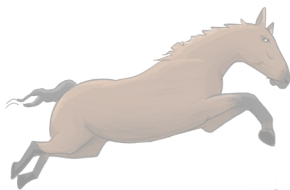
**I feel cuddly.**



# Eagle Pose



**I feel brave.**



# Chair Pose



**I feel peaceful.**



# Standing Forward Bend

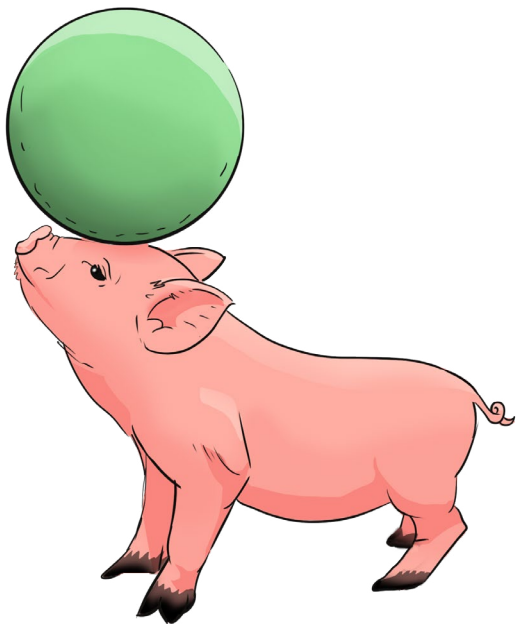




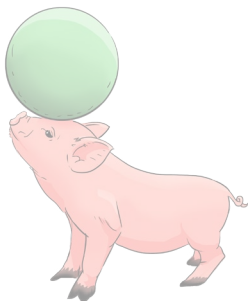
**I feel  
frustrated.**



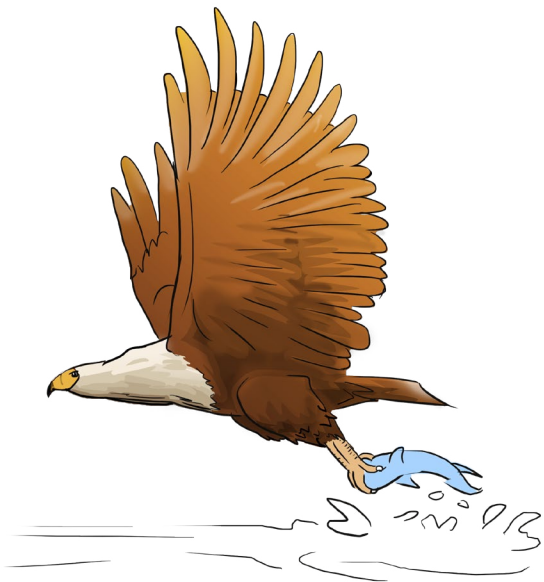
# Squat Pose



**I feel playful.**



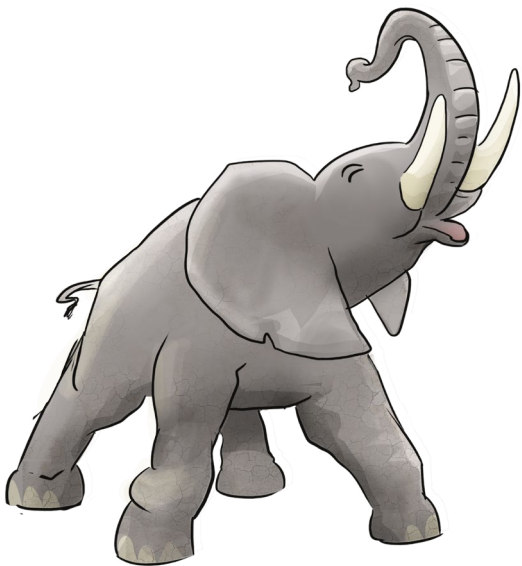
# Downward-Facing Dog Pose



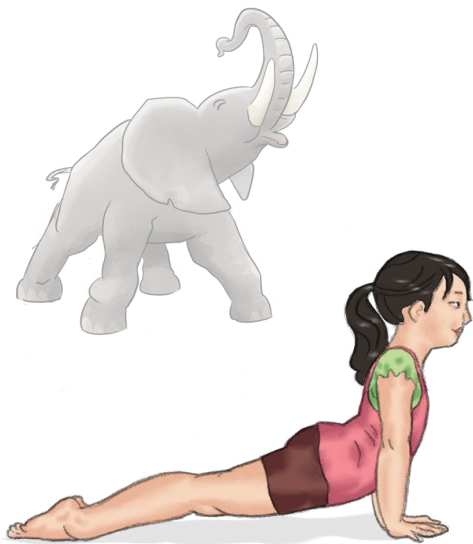
**I feel  
powerful.**



# Plank Pose



**I feel confident.**

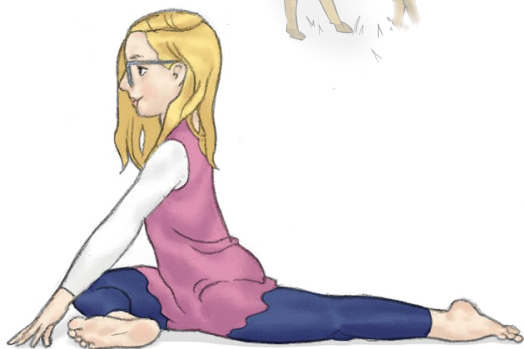


# Upward-Facing Dog Pose





**I feel worried.**



# Pigeon Pose



**I feel wise.**



# Hero Pose



**I feel happy.**



# Camel Pose

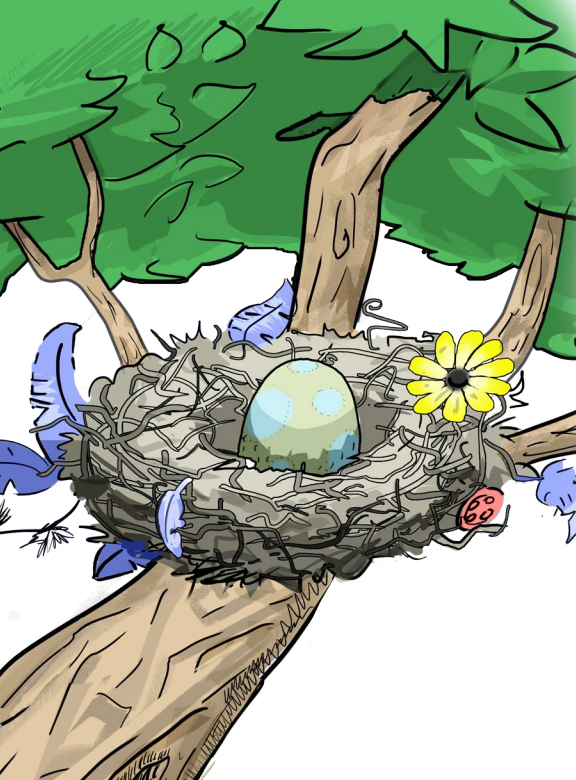


**I feel cranky.**

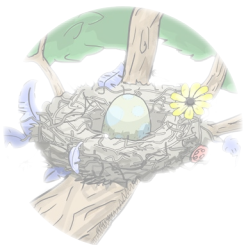


# Child's Pose





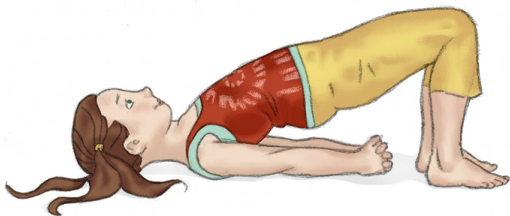
**I feel safe.**



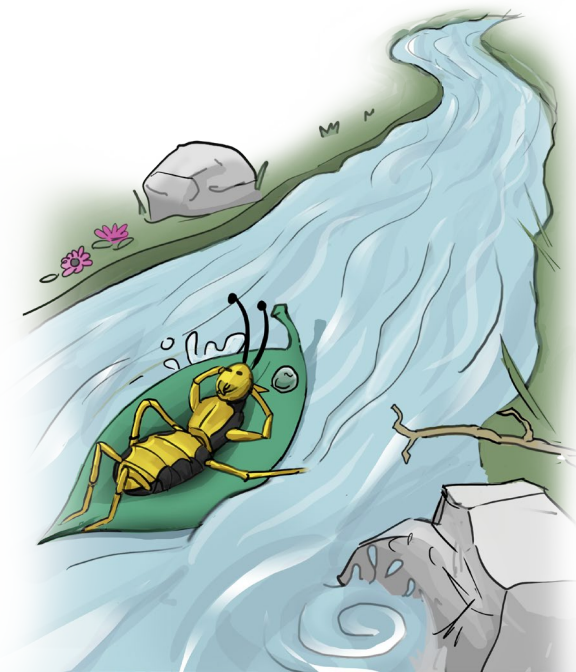
# Cobbler's Pose



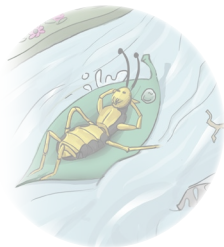
**I feel loved.**



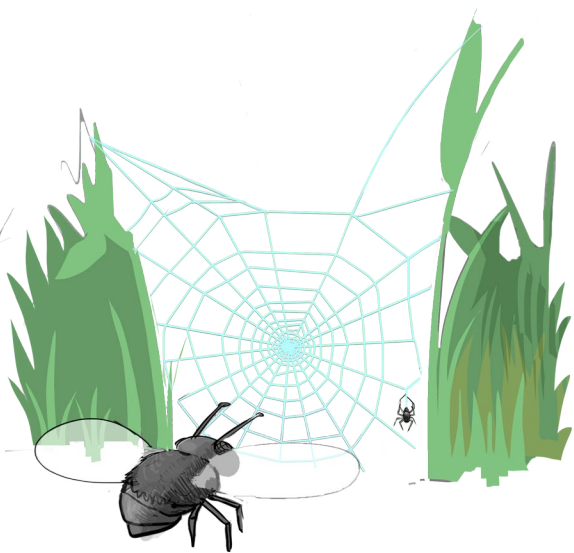
# Bridge Pose



**I feel carefree.**



# Happy Baby Pose

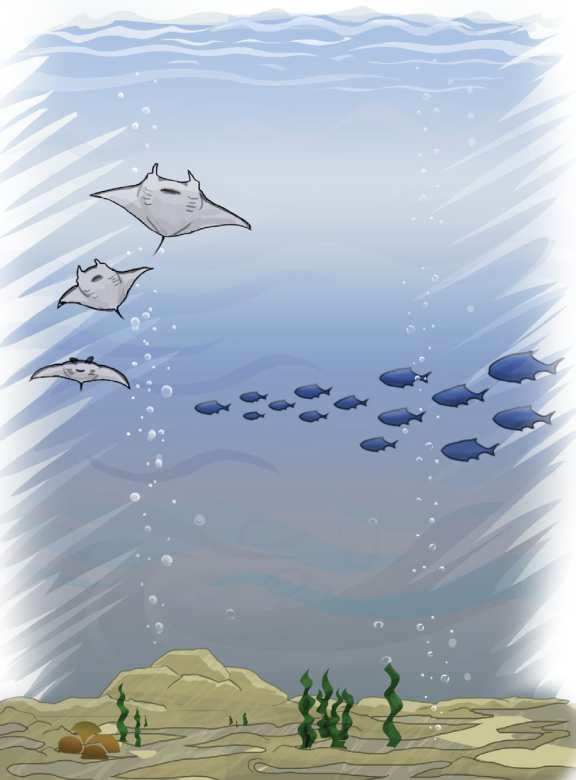


**I feel focused.**



# Legs Up the Wall





**I feel calm.**



# Resting Pose



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