

# GRATITUDE Yoga Cards

FOR KIDS



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# INDEX

## I am grateful for...

## YOGA POSE

Teachers who help me learn.

Mountain Pose

Playtime, when I get my wiggles out.

Extended Mountain Pose

Trees that provide us with oxygen.

Tree Pose

Family who loves me.

Eagle Pose

Dancing because I can express myself.

Dancer's Pose

Yoga for giving me a healthy mind and body.

Warrior 2 Pose

Music for making me move.

Extended Side Angle Pose

Stars to make wishes upon.

Star Pose

Farmers who make our food.

Chair Pose

Rain clouds that bring us fresh water.

Standing Forward Bend

My home, where I sleep, play, and eat.

Downward-Facing Dog Pose

## INDEX (continued)

### I am grateful for...

### YOGA POSE

Books and their wonderful stories.

Sphinx Pose

Art, which inspires my imagination.

Kneeling Pose

Bees that pollinate our crops.

Hero Pose

The earth and its animals, people, and places.

Child's Pose

Friends who make me laugh.

Knees to Chest

My mind, which can think positive thoughts.

Easy Pose

Sun that keeps me warm.

Seated Side Bend

My body, which can do amazing things.

Wheel Pose

My breath for giving me life.

Resting Pose

# GRATITUDE YOGA TIPS

Talk with the children about appreciating the good things around us and feeling grateful for those things.

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

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.

# GRATITUDE 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 family and friends.

Feel free to add your own inspiring songs, music, relaxation stories, or props.

Make the gratitude yoga experience your own.

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

# HOW TO PRACTICE THE YOGA POSES

(Alphabetical Order)

1. **Chair Pose:** Stand tall in Mountain Pose with your feet hip-width apart, bend your knees, and keep a straight spine. Hold your hands out in front of you. Pretend to be a **farmer** driving a tractor.
2. **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. Pretend to be the **earth**.
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 front for balance, and arch your leg up

# HOW TO PRACTICE THE YOGA POSES

(continued)

behind you. Pretend to be **dancing** to express yourself. Switch sides and repeat the steps.

4. **Downward-Facing Dog Pose:** Step back to your hands and feet in an upside-down V shape, with your buttocks up in the air, and pretend to be the roof of a **home** with a family inside.
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. Pretend to be hugging someone in your **family**. Switch sides and repeat the steps.
6. **Easy Pose:** Sit cross-legged and rest your palms on your knees. Close your eyes, if you are comfortable doing so.

# HOW TO PRACTICE THE YOGA POSES

(continued)

Take a moment to be grateful for the thoughts running around your mind. Take a few deep breaths and relax your **mind** and body.

7. **Extended Mountain Pose:** Stand tall in Mountain Pose, look up, and raise your arms straight up to the sky. Pretend to be playing on the monkey bars at **playtime**.
8. **Extended Side Angle Pose:** Stand tall in Mountain Pose, step one foot back, slightly angling it outward, keep your torso straight, and bend your front leg. Tilt your upper body forward, rest your front elbow on your thigh (or take your hand to the floor) and reach your other arm straight up to the sky. Look up and pretend to be a guitar playing **music** in a band. Repeat on the other side.



# HOW TO PRACTICE THE YOGA POSES

(continued)

9. **Hero Pose:** Come to rest upright on your heels with your palms resting on your knees. Pretend to be a bee by making a buzzing sound and flapping your hands like the wings of a **bee**.
10. **Kneeling Pose:** Kneel on your knees, open your chest, take your hands out in front of you, and pretend to be **painting** on an easel.
11. **Knees to Chest:** Lie on your back, bend your knees, and hug them close to your chest. Then circle your legs as if you are riding a bicycle upside-down. Pretend to be biking with **friends**.
12. **Mountain Pose:** Stand tall with your legs hip-width apart and feet facing forward. Take one hand up and pretend to be a **teacher** writing on a whiteboard.

# HOW TO PRACTICE THE YOGA POSES

(continued)

- 13. Resting Pose:** Lie on your back with your arms and legs stretched out. **Breathe** and rest.
- 14. 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 up over your head, tilting your upper body to the right, while keeping your buttocks on the ground. Feel the gentle stretch in the left side of your body. Switch sides and repeat the steps. Pretend to be the **sun** shining its rays on the earth.
- 15. Sphinx Pose:** Lie on your belly with your parallel legs straight out behind you. Place your elbows on the ground just in front of your shoulders, with your forearms parallel and your palms

# HOW TO PRACTICE THE YOGA POSES

(continued)

flat. Inhale, open your chest, look forward, and squeeze your shoulder to feel a baby backbend. Pretend to be reading a **book**.

16. **Standing Forward Bend:** From Mountain Pose, bend your upper body, keep a straight spine, and reach for your toes. Pretend you are a cloud and your arms are the falling **rain**.
17. **Star Pose:** From a standing position, step your feet out wide. Lift both arms out to your sides and above your head, with your fingers spread out. Pretend to be a shooting **star**.
18. **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

# HOW TO PRACTICE THE YOGA POSES

(continued)

on your knee), and balance. Pretend to be a **tree** making oxygen. Switch sides and repeat the steps.

- 19. Warrior 2 Pose:** From Warrior 1, reach both arms out to the sides and look over your front fingertips. Make sure your front knee is bent forward. Pretend to be practicing **yoga**. Switch sides and repeat the steps.
- 20. Wheel 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. Bring your elbows in toward your waist then raise your elbows, pointing them toward the sky and keeping them parallel. Your palms will stay facing up and out as your elbows come up. Place your

# HOW TO PRACTICE THE YOGA POSES

(continued)

palms flat on the ground on either side of your head, with your fingers facing toward your feet. Tuck your elbows in and don't let them drift apart. On an inhale, press your feet into the ground and lift your hips and shoulders. Keep your arms and legs parallel. Open your chest and breathe. Straighten your arms and legs as much as possible to create an upside-down "U" shape. Hold for a few breaths then come down slowly to lie on your back. Take a moment to be grateful for your **body** and the amazing things it can do. If Wheel Pose isn't available to you, try Bridge Pose instead.

# GRATITUDE MEDITATION

Stay in Resting Pose or choose another comfortable, relaxed position (such as sitting in a chair, sitting cross-legged, or sitting on your heels).

Close your eyes, if that's comfortable, and tune in to the sound of your breath.

Take a deep breath in and then exhale slowly for three to five counts.

On your next exhale, think, "I am grateful for myself."

On the next exhale, think, "I am grateful to my family."

Then on the next exhale, think, "I am grateful to my friends."

Continue like this, sending gratitude to the animals, the forest, the ocean, your neighbors, and your community (or whatever is meaningful for you).

# GRATITUDE MEDITATION

(continued)

Lastly, think, “I am grateful for the whole world. May we all be happy and free.”

Finish your gratitude meditation by coming back to breathing naturally.

When you are ready, open your eyes.



**Teachers who  
help me learn.**





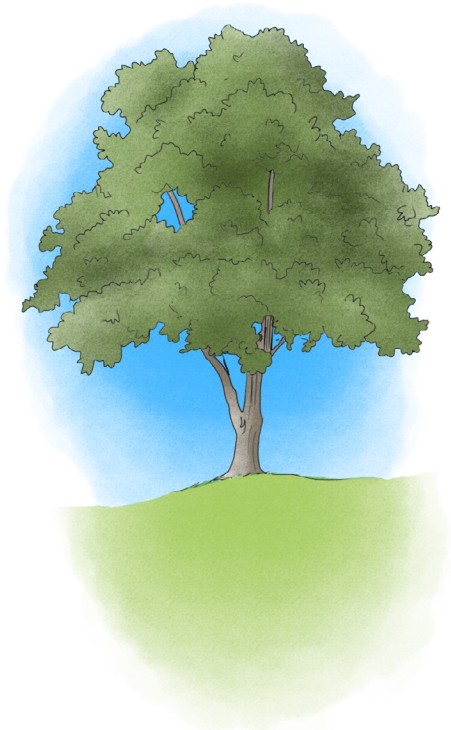
# Mountain Pose



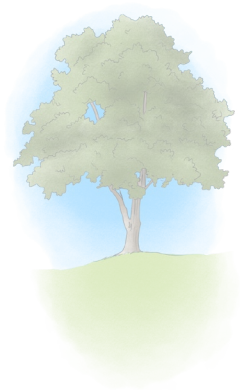
**Playtime, when I  
get my wiggles out.**



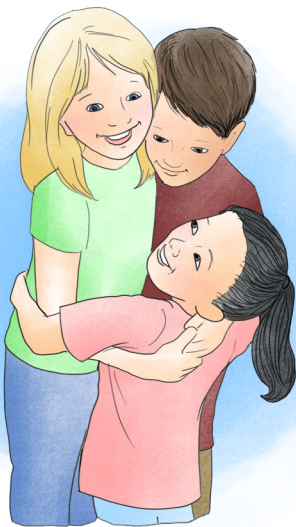
# Extended Mountain Pose



**Trees that provide  
us with oxygen.**



# Tree Pose



**Family who  
loves me.**



# Eagle Pose



**Dancing because I  
can express myself.**





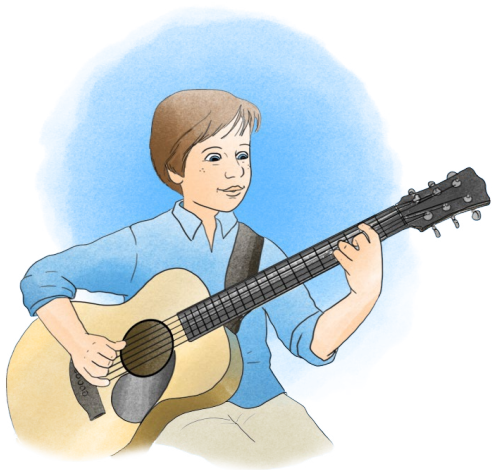
# Dancer's Pose



**Yoga for giving me  
a healthy mind  
and body.**



# Warrior 2 Pose



**Music for making  
me move.**



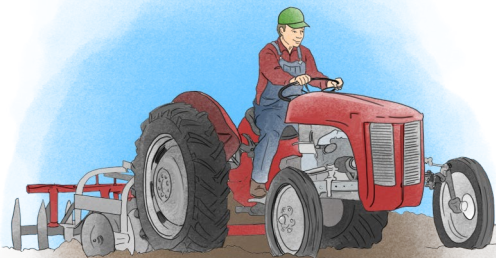
# Extended Side Angle Pose



**Stars to make  
wishes upon.**



# Star Pose



**Farmers who  
make our food.**





# Chair Pose



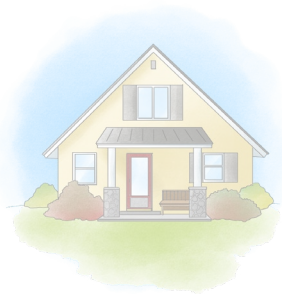
**Rain clouds that  
bring us fresh water.**



# Standing Forward Bend



**My home, where I  
sleep, play, and eat.**



# Downward-Facing Dog Pose



**Books and their  
wonderful stories.**



# Sphinx Pose

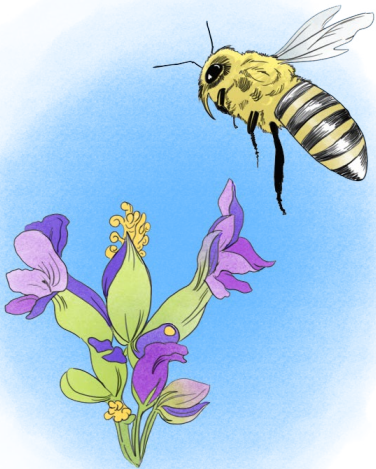


**Art, which inspires  
my imagination.**

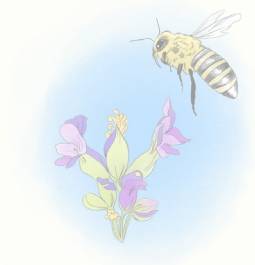




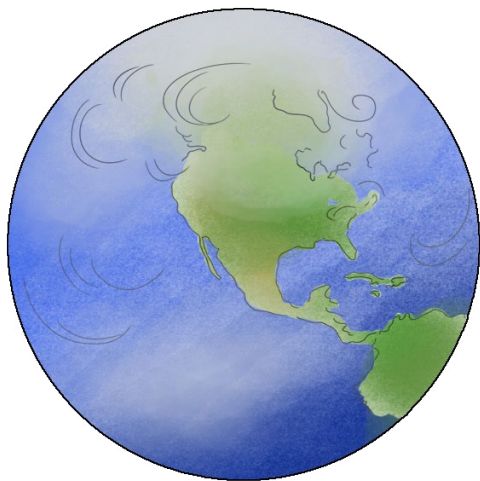
# Kneeling Pose



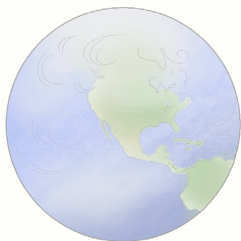
**Bees that pollinate  
our crops.**



# Hero Pose



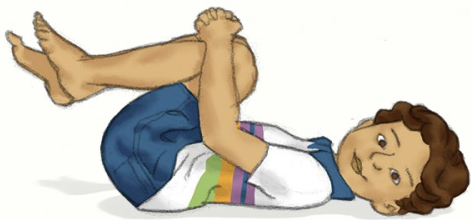
**The earth and its  
animals, people,  
and places.**



# Child's Pose



**Friends who  
make me laugh.**



# Knees to Chest

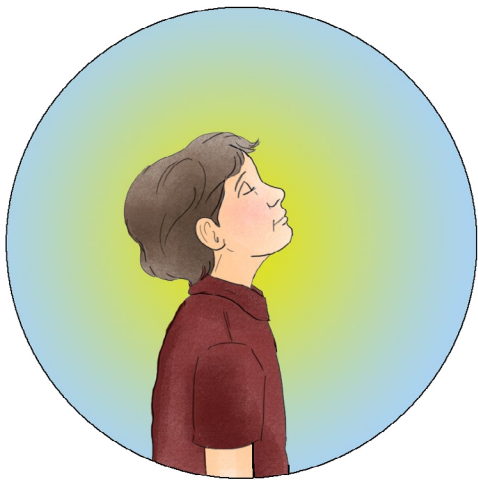


**My mind,  
which can think  
positive thoughts.**





# Easy Pose



**Sun that keeps  
me warm.**



# Seated Side Bend



**My body, which can  
do amazing things.**



# Wheel Pose



**My breath for  
giving me life.**



# Resting Pose



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[giselle@kidsyogastories.com](mailto:giselle@kidsyogastories.com)

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