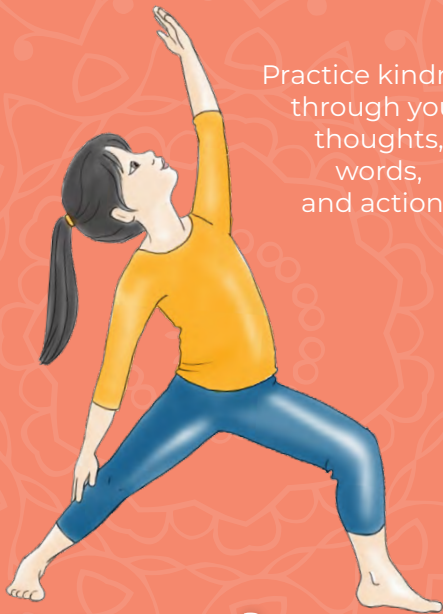


Practice kindness
through your
thoughts,
words,
and actions



Kindness Yoga Cards

FOR KIDS

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Welcome to Kindness Yoga Cards for Kids

“Lokah Samasta Sukhino Bhavantu.”

This yogi prayer translates to: “May all beings everywhere be happy and free, and may the thoughts, words, and actions of my own life contribute to that happiness and that freedom for all.”

Though this yogi prayer is ancient, it still applies to the world today—inspiring us to foster kindness through what we think, say, and do. In these kindness cards, we’ll explore various practices to cultivate kindness in our thoughts, words, and actions in the hopes of contributing to the happiness and freedom to all in the world.

Be kind in our thoughts.

We are often lost in our “monkey minds,” the restless and seemingly uncontrollable thoughts that chase each other around our heads. And children are often bombarded

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(continued)

with negative messages about themselves. Instead, we can guide children through a Loving-Kindness Meditation to plant a seed of stillness and kindness.

Show kindness with our words.

Words shape how we view our world. Many children these days suffer from lack of confidence and self-esteem. They often deal with more emotional dysregulation among peers. They don't feel that they belong, and it's hard for them to find their way. By using positive affirmations, we can help children to be kind to themselves and others.

Demonstrate kindness through our actions.

The law of karma says that for every action, there's a reaction. Kindness seems to attract more kindness, spreading it out

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(continued)

to the world. You could engage in kindness activities like having a gratitude practice at the dinner table, buying flowers for a neighbor, or organizing a service project. You could also practice heart-opening poses to invite in kindness into your heart.

Kindness Yoga Tips

Practice each pose, then say the kindness affirmation, feeling the truth of the statement each time.

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.

Kindness 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 kindness-themed songs, music, relaxation stories, or props.

Make this yoga experience your own.

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

Practices of Kindness

THOUGHTS

Loving-Kindness Meditation

WORDS

Positive Affirmations

- I am caring. Mountain Pose
- I am helpful. Warrior 1 Pose
- I am generous. Reverse Warrior Pose
- I am grateful. Dancer's Pose
- I am compassionate. Crescent Lunge
- I am respectful. Standing Half
Forward Bend
- I am cooperative. Sphinx Pose
- I am patient. Reverse Plank Pose
- I am a good friend. Reclining Bound
Angle Pose
- I am kind. Resting Pose

ACTIONS

Heart Opening Yoga Poses

Loving-Kindness Meditation

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

Close your eyes (if that is 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 of filling yourself with love. You could think of the color red enveloping your body.

On the next exhale, think of sending love and kindness to someone close to you.

Then on the next exhale, think of sending loving kindness to someone you are having a difficult relationship with at the moment.

Loving-Kindness Meditation

(continued)

Then send love and kindness out to the world around you, the animals, the trees, your neighbors, and your city.

Lastly, send out love and kindness to the world.

Finish your loving-kindness meditation by coming back to breathing naturally.

When you are ready, open your eyes.



I am caring.



Mountain Pose

Mountain Pose

Stand tall with your legs hip-width apart and toes pointing forward. Take your arms straight alongside your body.

Say the affirmation: "I am caring."



I am helpful.



Warrior 1 Pose

Warrior 1 Pose

Step one foot back, placing it at an angle, with your toes pointing toward the front. Bend your front knee. Reach both arms up overhead. Switch sides and repeat the steps.

Say the affirmation: "I am helpful."



I am
generous.



Reverse Warrior Pose

Reverse Warrior Pose

Come to a standing position facing away from each other about two legs' lengths away from each other. Then turn toward each other, step your inside foot back, angling your toes slightly outward. Your back feet should be almost touching together. Then raise your arms parallel to the floor. Bend your front knee and look forward. Flip your outside palm up to the sky, tilt your torso backward, and rest your left hand on your left thigh. Look up at your extended hand, reach for your partner's hand overhead, open your chest, and keep your spine long and straight. Come back to center and repeat on the other side.

Say the affirmation: "I am generous."



I am
grateful.



Dancer's Pose

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 behind you. Switch sides and repeat the steps.

Say the affirmation: "I am grateful."



I am
compassionate.



Crescent Lunge

Crescent Lunge

From a standing position, step your right foot back into a lunge with your left foot directly over your left knee and a straight back leg. Inhale and take your parallel arms straight up overhead. Open your chest, look up, and take a few deep breaths. Switch sides and repeat the steps.

**Say the affirmation:
"I am compassionate."**



I am respectful.



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.

Say the affirmation: "I am respectful."



I am
cooperative.



Sphinx Pose

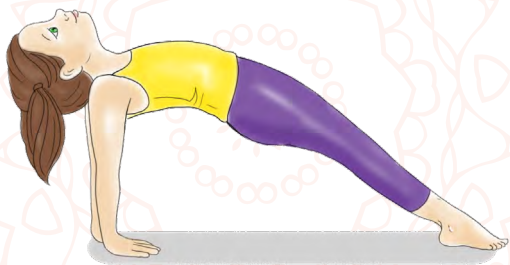
Sphinx Pose

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 flat. Inhale, open your chest, look forward, and squeeze your shoulder to feel a baby backbend.

Say the affirmation: “I am cooperative.”



I am patient.



Reverse Plank Pose

Reverse Plank Pose

Sit with your palms flat on the ground behind you, keeping your legs straight out in front of you. Lift your buttocks to create an upside-down plank.

Say the affirmation: "I am patient."



I am a
good friend.



Reclining Bound Angle Pose

Reclining Bound Angle Pose

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.

**Say the affirmation:
"I am a good friend."**



I am kind.



Resting Pose

Resting Pose

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

Say the affirmation: "I am kind."



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