

A Heart-Opening Yoga Sequence
to Build Confidence



Love

Yoga Cards

FOR KIDS



www.KidsYogaStories.com



INDEX

AFFIRMATION

YOGA POSE

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Welcome to the Love Yoga Cards for Kids

Heart-Opening Yoga Poses

These LOVE YOGA CARDS FOR KIDS combine backbends, chest openers, and shoulder stretches, which are all great heart openers. Heart-opening yoga postures help release emotions, build confidence, and open your heart to receive love. 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 LOVE YOGA CARDS FOR KIDS are designed to

Welcome to the Love Yoga Cards for Kids

(continued)

be a guide and can be adapted to suit your needs. Recommended for ages 3+.

Affirmations

Each yoga pose is coupled with an affirmation, which is optional. The affirmations were chosen to open the heart and build self-esteem and self-confidence. You might choose to become familiar with the heart-opening yoga sequence before you introduce the affirmations, or you might jump in and say each affirmation as you try the LOVE yoga flow. Recommended for ages 5+.

Loving-Kindness Meditation

You'll find a Loving-Kindness Meditation at the end of the card deck to read aloud while the children are in the final resting pose. Feel free to adapt the meditation script to suit the needs of your children. The purpose of this meditation is to develop

Welcome to the Love Yoga Cards for Kids

(continued)

a practice of sending love and kindness to ourselves, to others, and out into the world. 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 love-themed songs, music, relaxation stories, or props. Make the LOVE Yoga experience your own.

How to Practice the Yoga Poses

1. **Easy Pose:** Sit comfortably cross-legged and rest your hands, palms up, on your knees. Close your eyes and take a few deep breaths. Think of all the people in your life and say, **“I am loved.”**
2. **Crescent Moon Pose:** From Mountain Pose, reach your arms up high over your head, bringing your palms together. Tilt your upper body to one side. Come back to the center. Tilt your body to the other side to awaken your spine. Say, **“I am awake.”**
3. **Warrior I Pose:** Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Step your right foot back, angling it slightly outward. Bend your front left knee, bring your arms straight up toward the sky, and look up. Roll

How to Practice the Yoga Poses

(continued)

your shoulders down your back and imagine your heart and chest radiating to the sky. Say, **“I am strong.”**

4. **Triangle Pose:** From Warrior I Pose, turn your upper body and take your arms out parallel to the ground in the direction of your legs. Bend at your waist, tilt your upper body, reach your front hand to gently rest on your shin, and reach your other arm straight up, opening your heart and chest to the sky. Say, **“I am open-minded.”**
5. **Extended Side Angle Pose:** From Triangle Pose, bend your front leg, rest your front elbow on your thigh, and reach your other arm straight up high to the sky. Look up. Squeeze your shoulder blades and tilt your chest to the sky. Repeat the Warrior I Pose,

How to Practice the Yoga Poses

(continued)

Triangle Pose, and Extended Side Angle Pose flow on the other side. Smile and say, **“I am positive.”**

- Dancer's Pose:** Come up to standing tall in Mountain Pose. Stand on one leg, reach the opposite leg out behind you, place the outside of your foot into your hand, bend your torso forward with your arm out in front for balance, and arch your leg up behind you. Be steady and confident in your balance. Switch legs and repeat the pose. Say, **“I am graceful.”**
- Eagle Pose:** Come back to standing tall with toes together and heels slightly apart. Wrap one leg around the other, bring your bent arms out in front of you, wrap your arms together the opposite way, and slightly bend your

How to Practice the Yoga Poses

(continued)

knees. Repeat the steps on the other side. Say, **“I am free.”**

8. **Chair Pose:** Stand tall with your feet hip-width apart, bend your knees, and bring your palms together to touch your heart center. Smile and say, **“I am happy.”**
9. **Standing Forward Bend:** Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Bend your upper body, reach for your toes, and then hug your legs. Say, **“I accept myself.”**
10. **Pigeon Pose:** Step back to an upside down V shape on your palms and feet. Then shift forward, bring your right foot to rest behind your right hand, placing your right foot slightly inward, straighten your arms, squeeze shoulder blades,

How to Practice the Yoga Poses

(continued)

and open your front body. Repeat the steps on the other side. Be confident and say, **“I am proud.”**

11. **Cat-Cow Flow:** Press up to an all-fours position, tuck your chin into your chest, and round your back in a Cat Pose. Then look up, open your chest, and arch your back in a Cow Pose. Repeat this Cat – Cow flow a few times to warm up your spine. Say, **“I am kind.”**
12. **Cobra Pose:** Lie on your tummy, lift your head and shoulders off ground, place your palms flat next to your shoulders, and open your chest. Imagine your heart opening and releasing any blocked emotions. Say, **“I am confident.”**
13. **Table Top Pose:** Come back up to an all-fours position with your fingers spread out and palms flat on

How to Practice the Yoga Poses

(continued)

the ground. Ensure that your back and neck are in a straight but neutral position. Your shoulders should be over your wrists and your hips should be over your knees. The tops of your feet are flat on the ground. Take a minute to stabilize your spine. Say, **“I am balanced.”**

14. **Camel Pose:** Come up 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. Think of giving and receiving love into your heart. Say, **“I am flexible.”**

How to Practice the Yoga Poses

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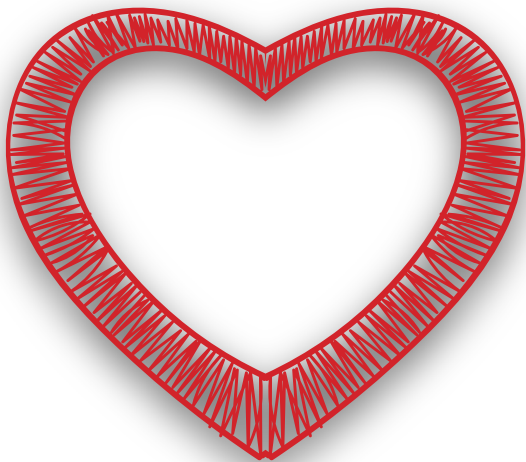
- 15. Bridge Pose:** Come to lie on your back with your knees bent and your feet flat on the ground. Rest your arms down alongside your body, tuck your chin into your chest, and lift your buttocks to create a bridge. Say, **“I appreciate myself.”**
- 16. Happy Baby Pose:** Lie on your back with your chin tucked in, hug your knees to your chest, then grab the outer part of your feet with both of your hands and rock like a happy baby to massage your back after all the backbends. Say, **“I am safe.”**
- 17. Reclining Butterfly Pose:** From lying on your back, bend your legs and bring the soles of your feet together. Take your arms out to rest at your sides. Let your whole body melt

How to Practice the Yoga Poses

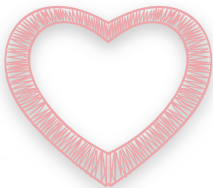
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into the ground and take a few deep breaths. Bring your attention to your chest area and think of radiating love out of your heart. Say, **“I am caring.”**

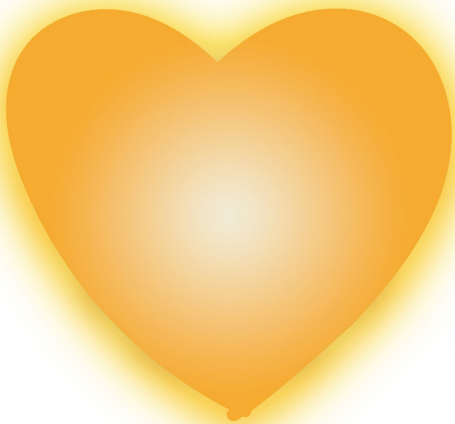
18. **Resting Pose:** Lie on your back with your arms and legs stretched out. Breathe and relax completely. Say, **“I am calm.”** Listen to a **Loving Kindness Meditation** (see on the card after poses).



I am loved.



Easy Pose



I am awake.



Crescent Moon Pose



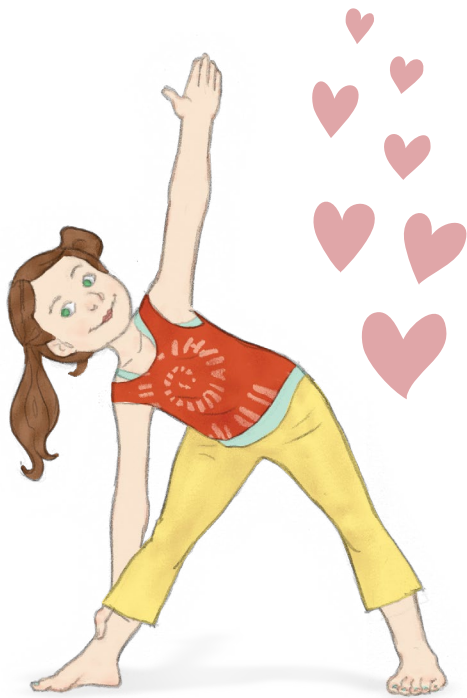
I am strong.



Warrior I Pose



**I am
open-minded.**



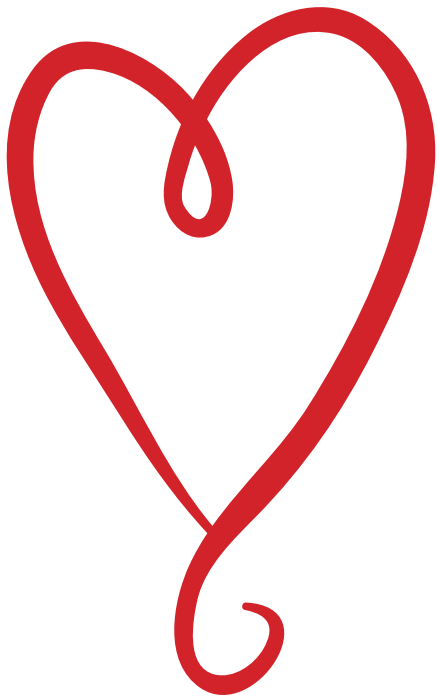
Triangle Pose



I am positive.



Extended Side Angle Pose



I am graceful.



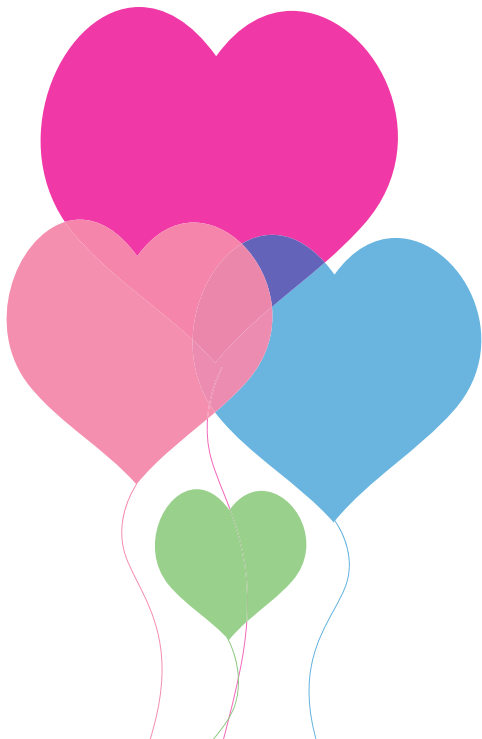
Dancer's Pose



I am free.



Eagle Pose



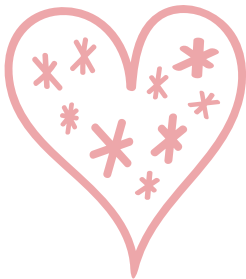
I am happy.



Chair Pose



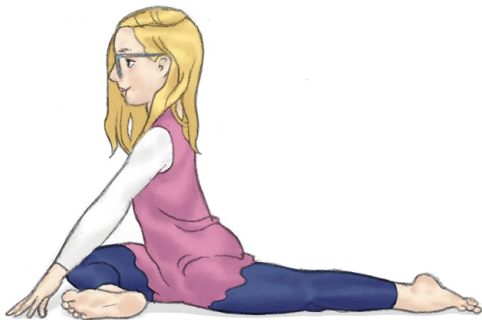
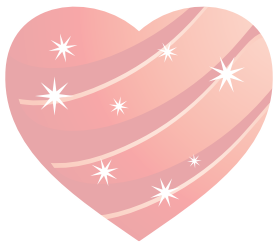
**I accept
myself.**



Standing Forward Bend



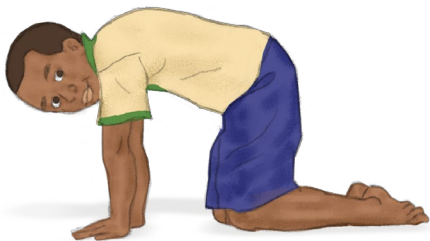
I am proud.



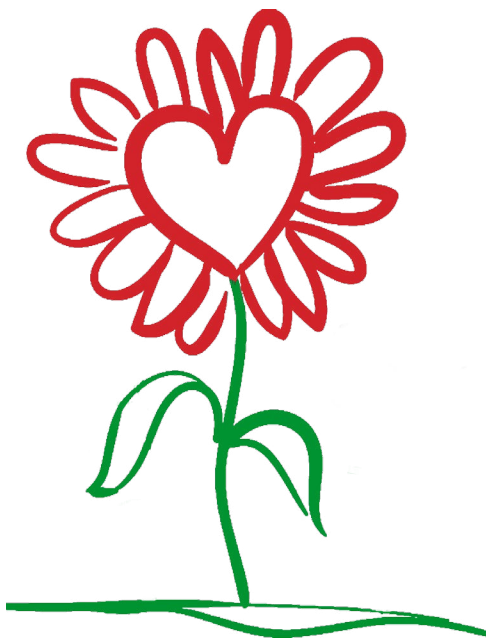
Pigeon Pose



I am kind.



Cat-Cow Flow



**I am
confident.**



Cobra Pose



**I am
balanced.**



Table Top Pose



I am flexible.



Camel Pose



**I appreciate
myself.**



Bridge Pose



I am safe.



Happy Baby Pose



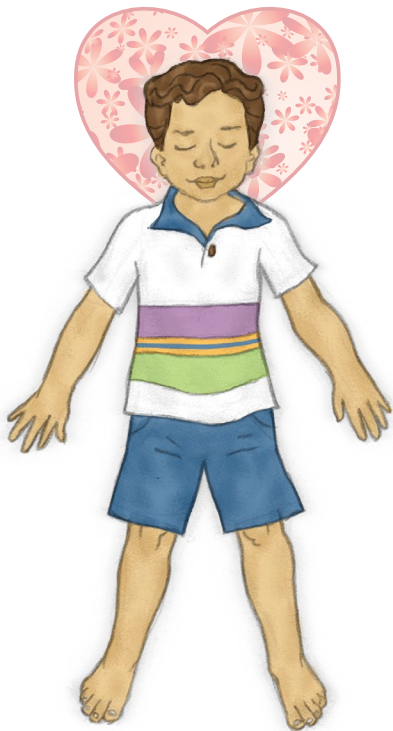
I am caring.



Reclining Butterfly Pose



I am calm.



Resting Pose

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

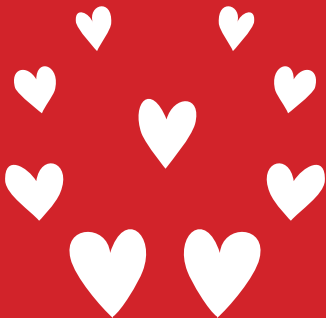
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Then send love and kindness out to the world around you, the animals, the trees, your neighbors, and your city.

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.





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