

Mountain

tall like a mountain



- Stand tall, feet together
- Arms at your sides
- Breathe deeply

Tree

steady like a tree



- Stand on one foot
- Other foot on inner leg
- Arms up like branches

Butterfly

flutter like a butterfly



- Sit with soles together
- Hold your feet
- Flap knees gently

Cat

arch like a cat



- Hands and knees
- Round your back up
- Tuck your chin

Cow

sway like a cow



- Hands and knees
- Drop belly down
- Look up gently

Downward Dog

stretch like a puppy



- Hands and feet on floor
- Lift hips up high
- Make a mountain

Cobra

rise like a snake



- Lie on your belly
- Hands under shoulders
- Lift chest, hisss

Child

rest like a seed



- Sit on your heels
- Fold forward
- Arms stretched out

Warrior

strong like a warrior



- Step one foot back
- Bend front knee
- Arms out wide

Star

shine like a star



- Stand feet wide apart
- Arms stretched out
- Shine bright!

Boat

float like a boat



- Sit and lift your feet
- Arms reach forward
- Balance on your bottom

Lion

roar like a lion



- Sit on your heels
- Open your mouth wide
- Stick tongue out, ROAR