

easy at home

KIDS YOGA & STORY GAME

1. PRINT THE PAGES & CUT OUT THE SQUARES

If you don't have a printer you can always just write the pose names on small pieces of paper & reference pose library online.

2. PUT POSE CARDS IN ONE CONTAINER, BREATHING CARDS IN ANOTHER. KEEP POSE LIBRARY NEARBY FOR REFERENCE.

3. EACH PLAYER PICKS 5-ISH PIECES

The more pieces they pick, the longer the story / yoga class experience will be. Read or help them read & try the pose before their story begins.

4. CREATE YOUR STORY!

Players can craft a story on the spot or take their time to write / think it out. My kids like on the spot! When the player says the name of a pose, do the pose for 3-5 breaths. Once you've used a card, put it back so you know you've used it. You can say the pose as many times as you like throughout the story.

TRY: Thinking of a super creative ending after you've used all your cards.

TRY: Making the sound of the pose (if that pose character makes a sound)

TRY: Coloring the cards before cutting them if you like that sort of thing

ENDING THE GAME

1. BREATH

End the game with one of the breathing exercises. Try it for 5-10 cycles.

2. KINDNESS

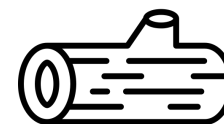
Have everyone say 3 things they liked about their own / each others story.



MOUNTAIN

Stand tall with arms at your side. Mountains are strong & steady.

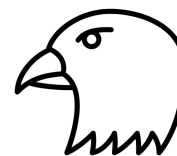
Icon made by Freepik from www.flaticon.com



LOG

Lie down & relax. Logs sit still & enjoy their surroundings.

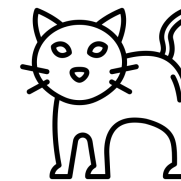
Icon made by Good Ware from www.flaticon.com



EAGLE

Hug yourself & cross one leg over the other. Eagles fly high & see all!

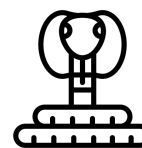
Icon made by Freepik from www.flaticon.com



CAT

On hands and knees arch your back to the sky! Cats are coordinated & crafty.

Icon made by Good Ware from www.flaticon.com



COBRA

Lie on your belly, hands by shoulders, lift your chest a little.

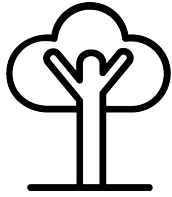
Icon made by Good Ware from www.flaticon.com



AIRPLANE

Swing one leg back and lean chest forward. Airplanes are lifted & steady in the sky.

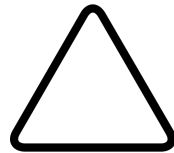
Icon made by Good Ware from www.flaticon.com



TREE

Lift one foot and press it to the standing leg, arms to sky! Trees can root down & grow up.

Icon made by Good Ware from www.flaticon.com



TRIANGLE

Legs wide, lean sideways one hand on leg, one to sky. Triangles are long and strong on all sides.

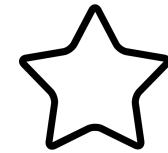
Icon made by Freepik from www.flaticon.com



FROG

Squat down to the ground, hands on floor. Jump & "ribbit" for extra credit. Frogs can jump far!

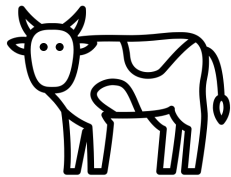
Icon made by Good Ware from www.flaticon.com



STAR

Stand with feet wide and arms out. Stars shine bright & light the night sky.

Icon made by Good Ware from www.flaticon.com



COW

On hands and knees lower your belly to the ground. Cows are gentle and giving.

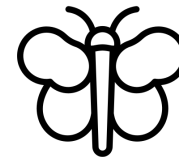
Icon made by Good Ware from www.flaticon.com



HAPPY BABY

Lie on your back bend your knees and try to hold your feet. Babies learn & grow at lightning speed!

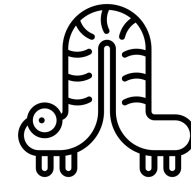
Icon made by Freepik from www.flaticon.com



BUTTERFLY

Sit on the ground with feet together and knees out. FYI: butterflies taste with their feet!

Icon made by Good Ware from www.flaticon.com



CATERPILLAR

From hands and knees put your chest on the ground. Caterpillars are masters of transformation!

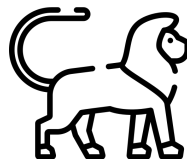
Icon made by Smashicons from www.flaticon.com



CRESCENT MOON

Stand tall, arms up, steeple grip hands, lean left for a bit, then right. Crescents shine bright & true.

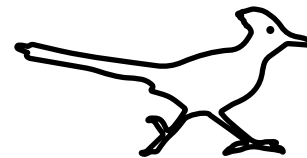
Icon made by Good Ware from www.flaticon.com



LION

Kneel with hands on knees. Inhale fill up, exhale stick your tongue out & make a "haaa" sound.

Icon made by Freepik from www.flaticon.com



ROAD RUNNER

Lunge like you're getting ready to start a race. Road runners are fast and ready to run!

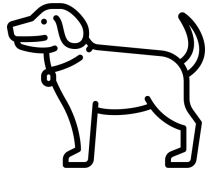
Icon made by Freepik from www.flaticon.com



BRIDGE

Lie on your back with knees bent and feet on the floor. Lift your hips. Bridges help us connect things!

Icon made by Freepik from www.flaticon.com



DOWN DOG

From table tuck toes and lift your knees & backside. Dogs are loyal companions & full of love!

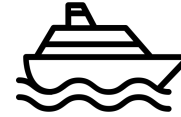
Icon made by Freepik from www.flaticon.com



WARRIOR (2)

Stand legs wide, turn one foot out & bend that knee, arms out wide. Warriors are strong & steady!

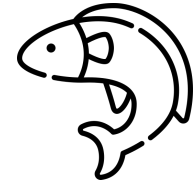
Icon made by Eucaalp from www.flaticon.com



BOAT

Sit on the ground, lift your arms and legs up, try to balance. Boats float on all sorts of water.

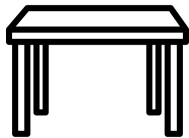
Icon made by Good Ware from www.flaticon.com



FISH

Sit down legs straight, hands down behind you, lean back on elbows. Chest up! Fish breathe underwater.

Icon made by Freepik from www.flaticon.com



TABLE

Come on to your hands & knees. Challenge balance by lifting a leg or arm. Tables are sturdy & stable!

Icon made by Freepik from www.flaticon.com



PIGEON

From table slide one knee to its wrist & other leg back. Pigeons always know their way home.

Icon made by Vitaly Gorbachev from www.flaticon.com



DOLL

Start standing & then fold forward at the waist. Hang limp like a rag roll. Dolls are great buddies!

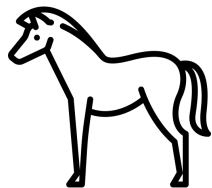
Icon made by Freepik from www.flaticon.com



DOLPHIN

From table put your forearms down & lift you knees & backside. Dolphins are super smart!

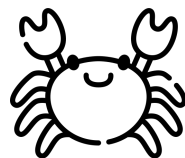
Icon made by Freepik from www.flaticon.com



HORSE

Stand with feet wide toes out and bend knee palms touch at chest. Horses can run super fast!

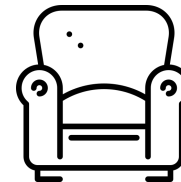
Icon made by Freepik from www.flaticon.com



CRAB

Sit with your knees bend & hands behind you. Push your hips up! Crabs walk & swim sideways.

Icon made by Freepik from www.flaticon.com



CHAIR

From standing bend your knees, lower backside down & lift arms up. Chairs are a great place to rest.

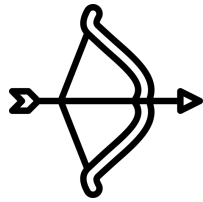
Icon made by Freepik from www.flaticon.com



DRAGON

From a runners lunge bring both hands down inside the front foot. Dragons are good luck!

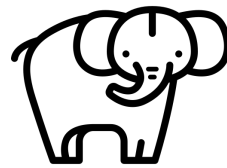
Icon made by Freepik from www.flaticon.com



BOW

From your belly bend your knees and try to grab your feet. Bows help arrows shoot straight.

Icon made by Freepik from www.flaticon.com



ELEPHANT

Stand with feet wide & fold down, clasp hands to make a trunk. Elephants never forget

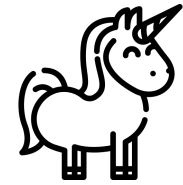
Icon made by Freepik from www.flaticon.com



SUPERMAN

Lie on your belly arms forward & lift arms & legs to fly! Superman protects those who need it.

Icon made by Freepik from www.flaticon.com



UNICORN

Stand in a lunge & lift your arms, interlace last 3 fingers to make your horn. Unicorns are virtuous!

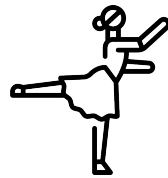
Icon made by Freepik from www.flaticon.com



STICK

Also known as "plank," come into a high push-up and count to 10. Sticks can be straight and strong!

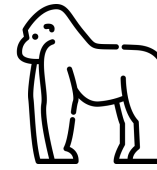
Icon made by Freepik from www.flaticon.com



DANCER

From standing bend one knee and try to hold the foot behind you. Dancers are graceful & strong.

Icon made by Freepik from www.flaticon.com



GORILLA

Fold forward from standing. Walk your hands under your feet. Gorillas are smart! Some use sticks as tools.

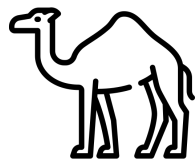
Icon made by Freepik from www.flaticon.com



GROWING GRASS

From down dog reach one leg high in the air. Grass helps clean the air!

Icon made by Freepik from www.flaticon.com



CAMEL

From kneeling put hands on the ground behind you & push hips forward. Camels are very strong!

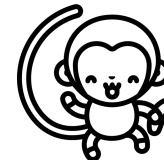
Icon made by Freepik from www.flaticon.com



WILD THING

Seated, with 1 leg straight & 1 knee bent. Put a hand behind you & push hips up! Wild things are fun & crazy.

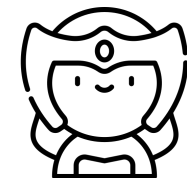
Icon made by Freepik from www.flaticon.com



LEAPING MONKEY

A leaping monkey is like a split! One leg goes forward, the other back. Monkeys are bright & playful.

Icon made by Freepik from www.flaticon.com



HERO

Kneel and sit back on your heels. Take 5 deep breaths. Heros try to always do the just and kind thing.

Icon made by Freepik from www.flaticon.com

BREATHING EXERCISES

Round out the game by having the kiddos pick one of the breathing exercises to try. Let them sit comfortably or lie down in "log" pose while they try it for 5-10 cycles. Another great way to end is just to let the kids relax, close their eyes and count out 10 gentle, normal breaths.



BEE BREATH

Breathe in and on your exhale make a long, slow, closed mouth "mmm" or buzzing sound. The more nasal / bee like, the better!

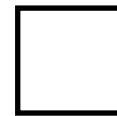
Icon made by Freepik from www.flaticon.com



BALLOON BREATH

Imagine your whole body is a balloon. When you inhale inflate the balloon in all directions, up, down, left & right. Deflate the balloon as you exhale.

Icon made by Freepik from www.flaticon.com



SQUARE BREATH

Inhale for 3 counts, hold for 3 counts, exhale for 3 counts, hold for three. Make each side of the breath the same length. Try for 4 or 5 counts if 3 is too easy!

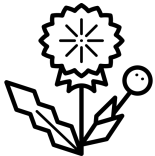
Icon made by Freepik from www.flaticon.com



STRAW BREATH

Make your tongue into a straw / tube-ish shape. Try breathing in and out through the tube. **WARNING:** This one can get a bit drooley / silly!

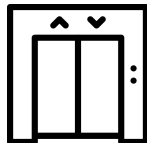
Icon made by Freepik from www.flaticon.com



DANDELION BREATH

Imagine your holding a dandelion. Your goal is to slowly blow off as many seeds as possible. Big inhale, long slow blowing exhale.

Icon made by Freepik from www.flaticon.com



ELEVATOR BREATH

Put a book on your belly. On your inhale see if you can breathe and make the book move up / "up the elevator," on the exhale make the book go back down.

Icon made by Freepik from www.flaticon.com



DARTH VADER BREATH

Try fogging up a window - feel how your throat squeezes? Try making that same sound - mouth closed - Can you make a Darth Vader sound like this as you breathe in and out?

Icon made by Freepik from www.flaticon.com



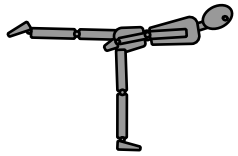
BIRD WING BREATH

Place hands under chin with elbows up / out to the side and breathe in. Exhale and look up while squeezing elbows together. The elbows flap like wings!

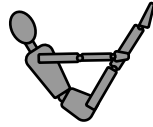
Icon made by Freepik from www.flaticon.com

POSE REFERENCE LIBRARY

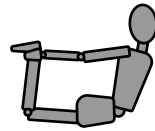
Here are the shapes in alphabetical order. These are general reference guides. Don't be too stringent - let the kids have fun, move around and get creative!



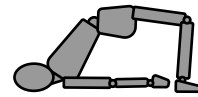
AIRPLANE



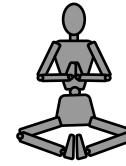
BOAT



BOW



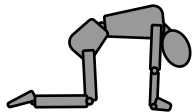
BRIDGE



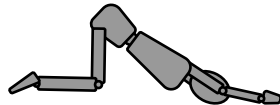
BUTTERFLY



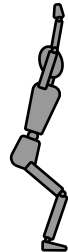
CAMEL



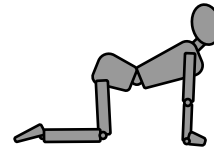
CAT



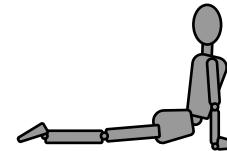
CATERPILLAR



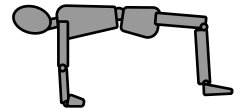
CHAIR



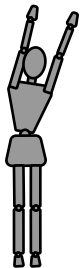
COW



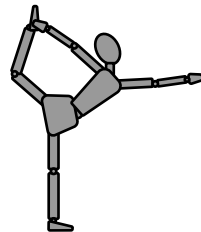
COBRA



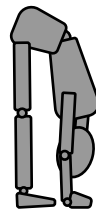
CRAB



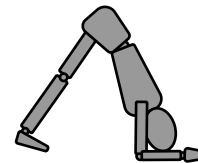
**CRESCENT
MOON**



DANCER



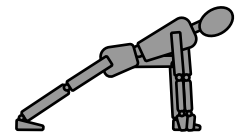
DOLL



DOLPHIN



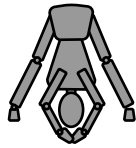
**DOWN
DOG**



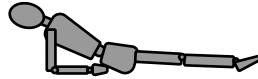
DRAGON



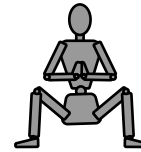
EAGLE



ELEPHANT



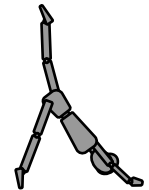
FISH



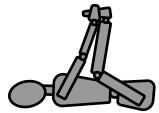
FROG



GORILLA



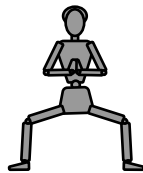
GROWING GRASS



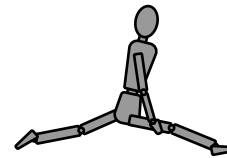
HAPPY BABY



HERO



HORSE



LEAPING MONKEY



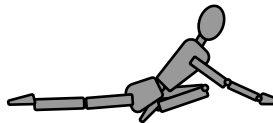
LION



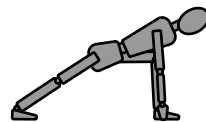
LOG



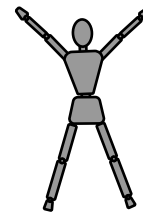
MOUNTAIN



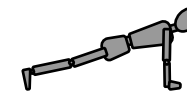
PIGEON



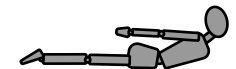
ROAD RUNNER



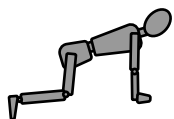
STAR



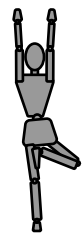
STICK



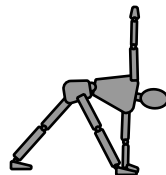
SUPERMAN



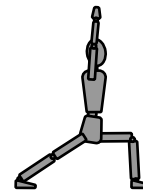
TABLE



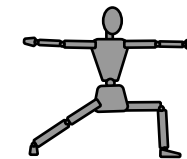
TREE



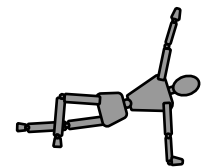
TRIANGLE



UNICORN



WARRIOR (2)



WILD THING