

Waikato

ENVIROSCHOOLS



Health and Wellbeing with Yoga

Yoga is an ancient practice and meditation. There is a lot of research indicating practicing yoga can support health and wellbeing in a number of different ways.

There are a number of different styles of yoga. The resources in this activity are designed to help relax, make you feel longer and looser, and offer an opportunity to practice mindfulness... plus they are quite a lot of fun, too!

Yoga in the Garden

Yoga in the garden means mindfulness, activity and fresh air all in one! On the next page are a series of yoga poses that are perfect for practicing while in nature.

Try holding each pose while counting to 10 slowly.

Which poses can you feel stretching you?

Which poses are most challenging?

Which poses are your favourite?



Squish the Fish | A Cosmic Kids Yoga Adventure!

Cosmic Kids Yoga

If the weather isn't great for yoga in the garden, there are some fantastic indoor options as well.

Cosmic Kids is a programme that takes children (and adults!) on yoga adventures. Jaime will tell a story with guiding you through a series of yoga poses to support kids becoming calmer, stronger and wiser.

Adventures range in length (10 to 40 minutes) and have a wide range of themes

www.youtube.com/user/CosmicKidsYoga

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



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