

Yoga Poses

Note: There are ways to modify all poses!

To see examples of the poses below, visit 'Cosmic Kids A-Z of Kids Yoga Postures' on YouTube!

Balancing Poses:

Airplane – Coming to stand on one leg, try and get your balance and spot something in front of you. Tilt yourself forward and start to fly. Lift your leg higher and soar thru the sky! Flying!

Eagle (can also count as a balance pose) – bend your knees, and put one leg under the other. Bend your arms in front of you like a genie.

Flamingo – standing straight, lift one leg up and hug it. Lift up the other arm, pretending it's the beak of a flamingo.

Kangaroo – Coming down to your knees, lift up onto your toes with your hands in front of you like a little kangaroo. Do a little bounce.

Rainbow – Come to two knees, extend your arms out wide, drop down to one hand and reach up to the sky, extending one leg out, and your hand over your ear like a big beautiful rainbow.

Tree – Bring one foot on top of the other on top of your heel, and your hands together at your heart, then grow your tree nice and tall. Can I blow you down? Let's see! Try it with your breath.

Seated Poses:

Archer – Come to sitting, with your legs out long. Take hold of your big toe, and pull your knee to your armpit. See if you can reach your other hand to your foot. Take aim, and shoot! Fire!

Butterfly - Coming on your bottom, bring your toes to touch, and flutter your wings

Cow face – coming down onto our bottoms, we take our legs out long. We cross one leg over, and wiggle it around to the side. Then wiggle the other one to the other side.

Easy pose - Sitting down on your bottom, cross your legs, let your hands rest with your palms up

Hero – come down to sitting and take your feet wider than your knees, and sit your bottom down in between your feet. Lift your hands up to the sky.

Hurdler – Sitting down, take your legs out long. Sweep one leg behind you. Look forward to your front toes and aim over your foot. Pow!

Magic Carpet – Sitting down on your bottom take your legs nice and wide, lift your arms up high and get ready to take off on your magic carpet. Whish! Whee! And the other way! Whish! Whee!

Owl – Come to your knees and sit back on your heels. Point your fingers together in front of you, and bring your owl wings up and down over your head.

Polar bear- Come down onto your knees, separate your feet. Sit down between your ankles, pointing your toes behind you. Now bend forward to the floor. Cover your polar bear nose.

Rock the baby – sitting all the way down, take ahold of one of your feet, and push it into your elbow. Now rock the baby back and forth.

Sandwich twist – sitting down extend your legs out long. Extend your arms to the side, and twist to the side. What should we get from the fridge for our sandwich? Twist to the other side. Chop as a transition. Reach up high to put the top piece of bread on the sandwich.

Treasure Chest – Coming down to sit on your bottom, bring your feet together, then fold forward over your treasure chest. After three, let's open it. 1, 2, 3...come up!

Turtle – sitting down, extend your feet out front, and bend your feet a little. Move your hands around your legs, stick out your head.

Inversions:

Bat – Turn around and take your legs a little bit wider, then fold all the way forwards, placing your hands on your legs. Look through your legs and wave! Hello!

Bridge - Sitting down on your bottom sit your hands behind your bottom, feet flat knees bent and make a bridge shape

Camel – come down onto your knees, then take your hands to your hips, press your pelvis forward.

Candle (legs up the wall) – lying down on your back take your arms out wide, lift your legs to the sky and flicker your toes like a candle flame.

Dinosaur – Take your legs out wide and lean all the way forward to grab your ankles. Now move your dinosaur feet one then the other.

Dog - Coming down onto your hands, step back and press into your hands pressing your tail up to the sky, and bark like a dog. Give a happy wag.

Elephant (can also count as an midline/twisting pose)– Standing with your legs a little bit wider, take your one hand back to be your little elephant tail, and the other arm up for your nose, sway from side to side. Ask them, what noise does an elephant make?

Gorilla – Take your legs a little bit wider, and put your hands under your feet. Let your head hang. What noise does a gorilla make?

Ragdoll – Fold all the way down, with floppy arms. Bend your knees a little bit to be a floppy ragdoll.

Spider – Spread your legs out wide, bend your knees and get out your spider fingers. Spider your fingers all the way down to the ground and around your ankles, around your feet.

Woodchopper – taking your legs out wide, lace your fingers behind your back. On the count of three we will chop down our piece of wood as we bend over. 1, 2, 3!

Midline (Twists):

Deer – sitting on your bottom, take your legs out long. Bend one knee in, and place it on the other side. Hug your knee close. Give it a kiss. Now look behind you if you can!

Eagle (can also count as a balance pose) – bend your knees, and put one leg under the other. Bend your arms in front of you like a genie.

Elephant (can also count as an inversion)– Standing with your legs a little bit wider, take your one hand back to be your little elephant tail, and the other arm up for your nose, sway from side to side. Ask them, what noise does an elephant make?

Helicopter – Bend your knees and jump to the sides, take your arms out wide and twist to the front.

Magic Carpet – Sitting down on your bottom take your legs nice and wide, lift your arms up high and get ready to take off on your magic carpet. Whish! Whee! And the other way! Whish! Whee!

Moon – Standing with your feet together reach up to the sky, leaning over like a crescent moon, or a banana

Sandwich twist – sitting down extend your legs out long. Extend your arms to the side, and twist to the side. What should we get from the fridge for our sandwich? Twist to the other side. Chop as a transition. Reach up high to put the top piece of bread on the sandwich.

Standing spin – take your feet out wider, extend your arms out wide, and spin at the waist. Lift up your feet if you need to.

Tiger – Come to all fours, start by extending one tiger claw, and the other. Then your tiger feet, and the other, then see if you can do one foot and one claw. Roar!

Tweety Bird – Coming down to your knees, bring your arms around you like you're giving yourself a big hug. Now, tweet like a little bird, moving your arms. Tweet tweet!

Washing machine – coming into criss cross applesauce, put your hands behind your head. Twist back and forth and say, wishy washy!

Windmill – Take your legs out wide and your arms out wide. Now windmill your hands from leg to legs, crossing as you go.

Tummy Poses:

Bowl – Lying down on your tummy, bend your knees. See if you can reach around to grab your ankle, and do the same with the other foot. Lift yourself up, and rock like a bowl!

Shark – come to lie on your tummy, extend legs out legs. Lace your fingers behind you, lifting up your shark fin. Recite the Jaws theme song!

Snake – Come to lie on your tummy and put your hands underneath your shoulders, then wiggle up your snakey shoulders and hiss! Like a snake!

Sphinx – lying down on your tummy, come up onto your elbows with your palms spread wide.

Swimming – come to lie on your tummy and extend your arms and legs out to swim in the sea.

Other Fun Poses:

Cat – Come to all fours, then arch your back and look at your belly button, then dip your belly down and wag your tail

Chair – bend both knees and sweep your arms up high, then sit your bottom down like you're sitting in a chair

Crocodile – Lying down on our side we take our arms and legs out long. With the other arm up we snap our crocodile jaws

Giraffe – Turn around and put one foot forward and one back. Lift up your arms like a very long giraffe's neck. Munch munch munch all the leaves all the way down to the floor.

Horse – come down onto one knee and bring your hands together above your head. Keeping your hands together, bend all the way back. Make a horse noise!

Knee hugging – Rock down onto your back hugging both knees in. Give each a kiss.

Lobster – With your legs out wide, take your arms overhead pretending you have lobster claws! Snap snap!

Mountain – Standing with your feet solid and stable, planting down into the earth, shoulders down, and palms up.

Mouse – Come down onto your knees, and tuck yourself up into a tiny little mouse, going squeak squeak squeak squak

Penguin – turn your toes out, and put your hands down and out. Sitting up straight, start to waddle like a penguin!

Plank – Coming down to the floor, press your hands street. Send one foot back, and the other foot back.

Slide – come to sitting and extend your legs up long. Bring your hands behind you, and press into your hands lifting up like a slide.

Starfish – Standing wide with your legs and arms out wide, twinkle your fingers.

Train – come to stand with your hands at your waist, with one hand up to pull the horn “choo choo!” now move the train by moving your feet like you’re marching in place. “choo choo!” go slow...and faster!