

*fit*Flow

Yoga for Kids



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What is yoga?

Yoga is an activity that involves body and mind awareness, with a focus on posture and breathing. Yoga is designed to bring mental, physical, and emotional health and balance. One of the most widely practiced forms of yoga in the Western society is hatha yoga. This form of yoga incorporates several different poses, while stretching, breathing and balancing are combined. Poses are performed slowly and carefully, with much focused attention on the movements. Yoga is often used as a physical activity to improve muscle strength and endurance.

Why do yoga with kids?

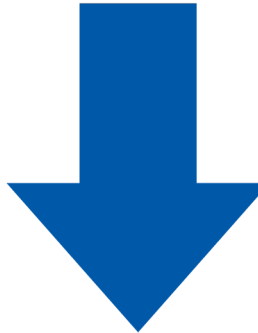
All kids can participate in yoga and most yoga poses have modifications to adjust to the needs of the individual. Yoga should be presented as a judgment free activity. Students are accepted at any athletic or fitness level. Yoga embraces the fact that each student's body is unique, and yoga challenges students to focus inwardly instead of comparing themselves to students around them. Yoga is great for kids as many of the poses have an animal themed focus. For example, fun names like camel, lion, cat, cow, eagle, and frog keep kids entertained and engaged.

Benefits of Yoga



Increases

- Mental Health
- Focus and Concentration
- Sleep Quality
- Academic Performance
- Physical Health
- Muscular Strength
- Endurance
- Flexibility
- Caloric Expenditure



Decreases

- Resting Heart Rate
- Respiration
- Blood Pressure
- Lower Back & Joint Pain
- Stress

About *fit*

***fit* Created by Sanford Health**

fit develops programs and resources that are used to promote, educate, and activate people to make healthy choices every day.

There are 4 parts to being *fit*:

- MOOD - be mindful and motivated, practice healthy responses to emotions
- RECHARGE - get enough sleep and make time to relax without a screen
- FOOD - make healthy snack choices, eat more fruits and veggies, drink more water
- MOVE - add physical activity throughout the day, decrease screen time

***fitFlow* - Yoga for Kids**

The *fitFlow* resources are a great way to experience all 4 parts of being *fit*. They provide the opportunity to add relaxation (RECHARGE) and physical activity (MOVE), all while practicing mindful and calming (MOOD) movements. Afterward, choose water (FOOD) to best compliment your activity.

fitFlow - Yoga for Kids was developed through a partnership between Sanford Health and South Dakota State University Extension.



How to use:

fitFlow is recommended for youth ages PreK to 6th grade and is designed to take three to five minutes per card.

You can use these cards anywhere! Try the poses next to the desks in a classroom, outside, or in a gym. Begin by picking any card in the deck. These cards are designed to be used on their own or in combination with each other.

- Once a card is chosen, read the description of the first pose and show how to do the pose.
- Hold the pose for 45 seconds to one minute while breathing continuously.
- Once you have finished the first pose, read the next description and transition into the next pose. Remember to show how to do the pose and to breathe throughout the poses.
- Continue this pattern until the card is complete.

Remember to relax and have fun!

fitFlow

Mountain

Tree

Chair

Forward Fold



Instructions

Mountain

Standing tall with your feet hip distance apart, place your arms at your side with the palms facing forward.

Relax your shoulders away from the ears. Lift your chest slightly and engage your core muscles.

Keep your feet firm on the floor. Breathe deeply.

Tree

Balancing on one leg, place the bottom of your opposite foot on your ankle, calf, or inner thigh. Be sure to avoid the knee.

Bring your hand to heart center at the chest. Breathe deeply. Switch sides.

Tip: Focus your eyes on a stationary object.

Chair

Standing with feet hip distance apart, bend your knees and drop your hips as if you are sitting in a chair.

Keep your knees behind your toes and engage your glute muscles. Hold your arms out straight in front of you, palms facing each other.

Tip: You should be able to look down to see your toes over your knees and your weight should be mostly on your heels.

Forward Fold

With your feet hip distance apart and a soft bend in the knees, fold your chest forward towards your thighs.

Drop the top of your head towards the mat and let the hands relax on, or toward, the ground.

fitFlow

Mountain

Airplane

Gorilla

Rag Doll



Instructions

Mountain

Standing tall with your feet hip distance apart, place your arms at your side with the palms facing forward.

Relax your shoulders away from the ears. Lift your chest slightly and engage your core muscles.

Keep your feet firm on the floor. Breathe deeply.

Airplane

Balancing on one leg, extend the other leg back and hinge from the hips.

Lower your chest until both the legs and torso are parallel with the floor.

Hold this pose and breathe deeply while extending the arms out to the sides. Switch sides.

Gorilla

With feet a little wider than hip distance apart, hinge forward at the hips and keep the spine straight.

Keep your chest open and gently sway from side to side shifting your weight from foot to foot.

Tip: Make the pose as active or gentle as you want, add in monkey sounds to make it fun!

Rag Doll

Standing with feet hip width apart, bend over at the hips and hang your head.

Clasp hands to elbows and relax by shaking your head “yes and no.” Gently rock back and forth while taking deep breaths.

Swaying Tree Crescent Warrior II Child's Pose



Instructions

Swaying Tree

With your feet hip distance apart, inhale with your arms up above your head with palms facing one another.

Keeping your feet planted on the ground and arms above your head, stretch your arms to the left and then to the right.

Crescent

Step on back in a high lunge position. Lift the back heel so your weight is on your back toes.

Bend the knee of your front leg so it is stacked over your ankle, toes facing forward.

With abs engaged reach arms to the sky, palms facing each other. Gaze forward. Switch legs.

Tip: Relax your shoulders back and engage your abdominals.

Warrior II

Step your left leg back and align your heels. Bend the knee of your front leg so it is stacked over your ankle, toes facing forward. Straighten your back leg and point your toes to the side.

Bring your arms to shoulder height and straighten them out in a “T” at your sides, palms face down. Gaze over the fingers of your lead arm. Switch legs.

Child's Pose

Start kneeling on all fours with your big toes touching. Sink hips towards your heels and walk your arms out in front.

Press your chest towards the ground. Rest the forehead on the ground and breathe deeply.

fitFlow

Easy Pose

Plank

Side Plank

Resting Pose



Instructions

Easy Pose

Sit on your bottom and cross your shins. Allow the knees to fall out to the side and rest your feet under your knees.

Sit tall with abs engaged and rest hands gently on knees. Gaze forward and breathe deeply.

Plank

With straight arms and fingers spread wide on the ground, stack your shoulders above your wrists. Extend your legs straight out and balance on your toes.

Keep your back straight and abdominal muscles firm. Be sure to breathe steadily while holding this static pose.

Tip: Keep your gaze about 12 inches in front of your fingers so your head doesn't fall.

Side Plank

Start in the plank position. Reach one arm up towards the sky. Open your torso and hips to the side. Balance on the side of your feet, placing your top foot on the floor behind your bottom foot. Keep your hips lifted and wrists in a straight line. Switch sides.

Tip: To make it easier on your abs, drop your bottom knee to the ground. For an extra challenge, stack your feet.

Resting Pose

Lay down on your back in a comfortable position, relax all your muscles. Rest your arms at your sides, palms facing upward. Straighten your legs and let your feet fall open to the sides.

Easy Pose

Cobra

Bow

Half Camel



Instructions

Easy Pose

Sit on your bottom and cross your shins. Allow the knees to fall out to the side and rest your feet under your knees.

Sit tall with abs engaged and rest hands gently on knees. Gaze forward and breathe deeply.

Cobra

Laying on your belly, place your hands by your ribs with palms on the ground. Use your lower back muscles to lift your chest up off the ground.

Keep your hips and tops of feet on the ground. Breathe deeply.

Tip: Keep elbows close to the body.

Bow

Lying on your stomach, bend your knees to bring your heels towards your glutes. Reach your hands around to grasp your ankles.

Lift your knees and chest off the ground to balance on your belly. Breathe deeply.

Half Camel

Start kneeling with your hips stacked over your knees. Reach your right hand to your right heel and raise your left arm into the air.

While keeping hips stacked over knees, arch your back around and lift the chest. Gaze up towards the sky and breathe deeply. Switch sides.

Table Top

Cat/Cow

Bird Dog

Child's Pose



Instructions

Table Top

While on your hands and knees, stack your shoulders over your wrist, and hips over your knees. Keep your hands shoulder width apart and knees hip width apart. Engage the core muscles and gaze about 6 inches in front of your hands.

Cat/Cow

Start on all fours. Place your shoulders over your wrists and hips over your knees. Arch your back to the sky and tuck in the tailbone. Let your head fall between your arms.

From there, sink the belly towards the ground, and lift the chest and chin. Gently alternate between the 2 poses breathing deeply.

Tip: Add in cat and cow noises to make it fun!

Bird Dog

While on your hands and knees, extend your leg out and your opposite arm. Engage your core muscles and balance on your hands and knee that are placed on ground.

Keep the extended arm and leg, as well as your head, in line with your back. Switch sides.

Child's Pose

Start kneeling on all fours with your big toes touching. Sink hips towards your heels and walk your arms out in front.

Press your chest towards the ground. Rest the forehead on the ground and breathe deeply.

fitFlow

Table Top

Down Dog

Low Lunge

Laying Twist



Instructions

Table Top

While on your hands and knees, stack your shoulders over your wrist, and hips over your knees. Keep your hands shoulder width apart and knees hip width apart. Engage the core muscles and gaze about 6 inches in front of your hands.

Down Dog

With hands and feet firmly planted on the ground, lift your hips into an inverted “V.”

Press your chest toward your thighs and drive your heels down to the ground. Keep your head relaxed between the arms.

Tip: Avoid rounding your back and keep your feet at hip distance apart.

Low Lunge

Step one leg back as far as you can. Stack the opposite knee over your ankle. Lower your hips and bend your knee until it is bent at 90 degrees.

Frame your foot with your hands while keeping your chest open and shoulders retracted. Gaze forward. Switch legs.

Laying Twist

Lying on the ground, leave one leg on the ground. Bring your other knee up toward your chest and then place your bent knee on the outside of your other leg.

Extend your arms out for support. Leave both shoulders on the ground as you drop your knee, stretching your low back. Switch sides.

fitFlow

Hero



Camel



Boat



Bridge



Instructions

Hero

In a seated position, place the tops of your feet on the mat and place your bottom on your heels. Keep your back straight and upright and relax your shoulders. Rest your hands on your knees. Gaze forward.

Camel

Start kneeling with your hips stacked over your knees. Reach hands back to grab your heels. While keeping hips stacked over knees, arch your back around and lift the chest. Gaze up towards the sky. Breathe deeply.

Boat

Sit with your bottom on the floor, knees bent, and feet planted on the floor. Place hands behind knees and engage your core muscles. Lift your feet off the ground keeping your back straight and long. Reach your hands towards your knees as you balance.

Tip: Keep the chest open and lifted, relax shoulders away from the ears. For a greater challenge straighten out the legs.

Bridge

Lying on your back, place your palms face down by your hips. Bend your knees, with feet hip distance apart and feet firmly planted on the ground.

Lift your hips by pressing up through the feet. Gaze towards the sky. Use your inner thigh muscles to keep your hips in line with your knees and toes. Breathe deeply.

Tip: Keep your head still and your shoulders away from the ears.

fitFlow

Hero



Frog



Dancer



Swaying Tree



Instructions

Hero

In a seated position, place the tops of your feet on the mat and place your bottom on your heels. Keep your back straight and upright and relax your shoulders. Rest your hands on your knees. Gaze forward.

Frog

With feet a little wider than hip distance apart, bend your knees and sink your hips down as far as they will go.

Balance on the toes. Rest your arms on the inside of both legs. Gaze forward and keep the chest open.

Tip: To add some action, jump up and down reaching your hands to the sky and ribbit like a frog!

Dancer

Stand tall, shoulders down and hips pointing forward. Reach behind you with your right hand, bend your right leg and hold the top of your right foot. Raise your left arm up to the sky, keeping your elbow close to your ear. Switch legs.

Tip: Keep your hips square and gaze forward.

Swaying Tree

With your feet hip distance apart, inhale with your arms up above your head with palms facing one another.

Keeping your feet planted on the ground and arms above your head, stretch your arms to the left and then to the right.

Child's Pose

Warrior II

Triangle

Mountain



Instructions

Child's Pose

Start kneeling on all fours with your big toes touching. Sink hips towards your heels and walk your arms out in front.

Press your chest towards the ground. Rest the forehead on the ground and breathe deeply.

Warrior II

Step your left leg back and align your heels. Bend the knee of your front leg so it is stacked over your ankle, toes facing forward. Straighten your back leg and point your toes to the side.

Bring your arms to shoulder height and straighten them out in a "T" at your sides, palms face down. Gaze over the fingers of your lead arm. Switch legs.

Triangle

Step your left leg back and align your heels. Arrange your front toes so they are facing forward and your back toes facing the side (Warrior II feet).

Keeping both legs straight, shift your arms and weight forward while lowering your right hand towards the ground. Raise left arm in the air, keeping arms in a straight line. Switch sides.

Mountain

Standing tall with your feet hip distance apart, place your arms at your side with the palms facing forward.

Relax your shoulders away from the ears. Lift your chest slightly and engage your core muscles.

Keep your feet firm on the floor. Breathe deeply.

Child's Pose

Cobra

Locust

Resting Pose



Instructions

Child's Pose

Start kneeling on all fours with your big toes touching. Sink hips towards your heels and walk your arms out in front.

Press your chest towards the ground. Rest the forehead on the ground and breathe deeply.

Cobra

Laying on your belly, place your hands by your ribs with palms on the ground. Use your lower back muscles to lift your chest up off the ground.

Keep your hips and tops of feet on the ground. Breathe deeply.

Tip: Keep elbows close to the body.

Locust

Lying on your stomach, extend your arms out in front of your body, palms facing each other. Lift your arms and legs off the ground to balance on your torso. Lift the chest and engage your lower back muscles. Breathe deeply and hold the pose.

Resting Pose

Lay down on your back in a comfortable position, relax all your muscles. Rest your arms at your sides, palms facing upward. Straighten your legs and let your feet fall open to the sides.

fitFlow

Forward Fold

Plank

Cobra

Wind Removing



Instructions

Forward Fold

With your feet hip distance apart and a soft bend in the knees, fold your chest forward towards your thighs.

Drop the top of your head towards the mat and let the hands relax on, or toward, the ground.

Plank

With straight arms and fingers spread wide on the ground, stack your shoulders above your wrists. Extend your legs straight out and balance on your toes.

Keep your back straight and abdominal muscles firm. Be sure to breathe steadily while holding this static pose.

Tip: Keep your gaze about 12 inches in front of your fingers so your head doesn't fall.

Cobra

Laying on your belly, place your hands by your ribs with palms on the ground. Use your lower back muscles to lift your chest up off the ground.

Keep your hips and tops of feet on the ground. Breathe deeply.

Tip: Keep elbows close to the body.

Wind Removing

Lying on the ground, leave your left leg on the ground. Bring your right knee up towards your chest. Interlock your fingers on the top of your shin.

Keep head, shoulders, back, and hips placed on the ground. Breathe deeply. Switch legs.

fitFlow

Hero



Locust



Bow



Laying Twist



Instructions

Hero

In a seated position, place the tops of your feet on the mat and place your bottom on your heels. Keep your back straight and upright and relax your shoulders. Rest your hands on your knees. Gaze forward.

Locust

Lying on your stomach, extend your arms out in front of your body, palms facing each other. Lift your arms and legs off the ground to balance on your torso. Lift the chest and engage your lower back muscles. Breathe deeply and hold the pose.

Bow

Lying on your stomach, bend your knees to bring your heels towards your glutes. Reach your hands around to grasp your ankles.

Lift your knees and chest off the ground to balance on your belly. Breathe deeply.

Laying Twist

Lying on the ground, leave one leg on the ground. Bring your other knee up toward your chest and then place your bent knee on the outside of your other leg.

Extend your arms out for support. Leave both shoulders on the ground as you drop your knee, stretching your low back. Switch sides.

fitFlow

Table Top

Bird Dog

Boat

Wind Removing



Instructions

Table Top

While on your hands and knees, stack your shoulders over your wrist, and hips over your knees. Keep your hands shoulder width apart and knees hip width apart. Engage the core muscles and gaze about 6 inches in front of your hands.

Bird Dog

While on your hands and knees, extend your leg out and your opposite arm. Engage your core muscles and balance on your hands and knee that are placed on ground.

Keep the extended arm and leg, as well as your head, in line with your back. Switch sides.

Boat

Sit with your bottom on the floor, knees bent, and feet planted on the floor. Place hands behind knees and engage your core muscles. Lift your feet off the ground keeping your back straight and long. Reach your hands towards your knees as you balance.

Tip: Keep the chest open and lifted, relax shoulders away from the ears. For a greater challenge straighten out the legs.

Wind Removing

Lying on the ground, leave your left leg on the ground. Bring your right knee up towards your chest. Interlock your fingers on the top of your shin.

Keep head, shoulders, back, and hips placed on the ground. Breathe deeply. Switch legs.

fitFlow

Cat/Cow

Down Dog

Tree

Rag Doll



Instructions

Cat/Cow

Start on all fours. Place your shoulders over your wrists and hips over your knees. Arch your back to the sky and tuck in the tailbone. Let your head fall between your arms.

From there, sink the belly towards the ground, and lift the chest and chin. Gently alternate between the 2 poses breathing deeply.

Tip: Add in cat and cow noises to make it fun!

Down Dog

With hands and feet firmly planted on the ground, lift your hips into an inverted “V.”

Press your chest toward your thighs and drive your heels down to the ground. Keep your head relaxed between the arms.

Tip: Avoid rounding your back and keep your feet at hip distance apart.

Tree

Balancing on one leg, place the bottom of your opposite foot on your ankle, calf, or inner thigh. Be sure to avoid the knee.

Bring your hand to heart center at the chest. Breathe deeply. Switch sides.

Tip: Focus your eyes on a stationary object.

Rag Doll

Standing with feet hip width apart, bend over at the hips and hang your head.

Clasp hands to elbows and relax by shaking your head “yes and no.” Gently rock back and forth while taking deep breaths.

fitFlow

Forward Fold Crescent Triangle Resting Pose



Instructions

Forward Fold

With your feet hip distance apart and a soft bend in the knees, fold your chest forward towards your thighs.

Drop the top of your head towards the mat and let the hands relax on, or toward, the ground.

Crescent

Step on back in a high lunge position. Lift the back heel so your weight is on your back toes.

Bend the knee of your front leg so it is stacked over your ankle, toes facing forward.

With abs engaged reach arms to the sky, palms facing each other. Gaze forward. Switch legs.

Tip: Relax your shoulders back and engage your abdominals.

Triangle

Step your left leg back and align your heels. Arrange your front toes so they are facing forward and your back toes facing the side (Warrior II feet).

Keeping both legs straight, shift your arms and weight forward while lowering your right hand towards the ground. Raise left arm in the air, keeping arms in a straight line. Switch sides.

Resting Pose

Lay down on your back in a comfortable position, relax all your muscles. Rest your arms at your sides, palms facing upward. Straighten your legs and let your feet fall open to the sides.

fitFlow

Child's Pose



Airplane



Frog



Seated Fold



Instructions

Child's Pose

Start kneeling on all fours with your big toes touching. Sink hips towards your heels and walk your arms out in front.

Press your chest towards the ground. Rest the forehead on the ground and breathe deeply.

Airplane

Balancing on one leg, extend the other leg back and hinge from the hips.

Lower your chest until both the legs and torso are parallel with the floor.

Hold this pose and breathe deeply while extending the arms out to the sides. Switch sides.

Frog

With feet a little wider than hip distance apart, bend your knees and sink your hips down as far as they will go.

Balance on the toes. Rest your arms on the inside of both legs. Gaze forward and keep the chest open.

Tip: To add some action, jump up and down reaching your hands to the sky and ribbit like a frog!

Seated Fold

While seated on your bottom, extend both legs forward. Lean your chest close to the thighs and reach your hands toward your toes. Breathe deeply.

fitFlow

Easy Pose

Dancer

Chair

Seated Fold



Instructions

Easy Pose

Sit on your bottom and cross your shins. Allow the knees to fall out to the side and rest your feet under your knees.

Sit tall with abs engaged and rest hands gently on knees. Gaze forward and breathe deeply.

Dancer

Stand tall, shoulders down and hips pointing forward. Reach behind you with your right hand, bend your right leg and hold the top of your right foot. Raise your left arm up to the sky, keeping your elbow close to your ear. Switch legs.

Tip: Keep your hips square and gaze forward.

Chair

Standing with feet hip distance apart, bend your knees and drop your hips as if you are sitting in a chair.

Keep your knees behind your toes and engage your glute muscles. Hold your arms out straight in front of you, palms facing each other.

Tip: You should be able to look down to see your toes over your knees and your weight should be mostly on your heels.

Seated Fold

While seated on your bottom, extend both legs forward. Lean your chest close to the thighs and reach your hands toward your toes. Breathe deeply.

fitFlow

Gorilla

Side Plank

Low Lunge

Bridge



Instructions

Gorilla

With feet a little wider than hip distance apart, hinge forward at the hips and keep the spine straight.

Keep your chest open and gently sway from side to side shifting your weight from foot to foot.

Tip: Make the pose as active or gentle as you want, add in monkey sounds to make it fun!

Side Plank

Start in the plank position. Reach one arm up towards the sky. Open your torso and hips to the side. Balance on the side of your feet, placing your top foot on the floor behind your bottom foot. Keep your hips lifted and wrists in a straight line. Switch sides.

Tip: To make it easier on your abs, drop your bottom knee to the ground. For an extra challenge, stack your feet.

Low Lunge

Step one leg back as far as you can. Stack the opposite knee over your ankle. Lower your hips and bend your knee until it is bent at 90 degrees.

Frame your foot with your hands while keeping your chest open and shoulders retracted. Gaze forward. Switch legs.

Bridge

Lying on your back, place your palms face down by your hips. Bend your knees, with feet hip distance apart and feet firmly planted on the ground.

Lift your hips by pressing up through the feet. Gaze towards the sky. Use your inner thigh muscles to keep your hips in line with your knees and toes. Breathe deeply.

Tip: Keep your head still and your shoulders away from the ears.

fitFlow

Hero

Half Camel

Warrior II

Resting Pose



Instructions

Hero

In a seated position, place the tops of your feet on the mat and place your bottom on your heels. Keep your back straight and upright and relax your shoulders. Rest your hands on your knees. Gaze forward.

Half Camel

Start kneeling with your hips stacked over your knees. Reach your right hand to your right heel and raise your left arm into the air.

While keeping hips stacked over knees, arch your back around and lift the chest. Gaze up towards the sky and breathe deeply. Switch sides.

Warrior II

Step your left leg back and align your heels. Bend the knee of your front leg so it is stacked over your ankle, toes facing forward. Straighten your back leg and point your toes to the side.

Bring your arms to shoulder height and straighten them out in a “T” at your sides, palms face down. Gaze over the fingers of your lead arm. Switch legs.

Resting Pose

Lay down on your back in a comfortable position, relax all your muscles. Rest your arms at your sides, palms facing upward. Straighten your legs and let your feet fall open to the sides.

fitFlow

Cat/Cow

Camel

Down Dog

Wind Removing



Instructions

Cat/Cow

Start on all fours. Place your shoulders over your wrists and hips over your knees. Arch your back to the sky and tuck in the tailbone. Let your head fall between your arms.

From there, sink the belly towards the ground, and lift the chest and chin. Gently alternate between the 2 poses breathing deeply.

Tip: Add in cat and cow noises to make it fun!

Camel

Start kneeling with your hips stacked over your knees. Reach hands back to grab your heels. While keeping hips stacked over knees, arch your back around and lift the chest. Gaze up towards the sky. Breathe deeply.

Down Dog

With hands and feet firmly planted on the ground, lift your hips into an inverted "V."

Press your chest toward your thighs and drive your heels down to the ground. Keep your head relaxed between the arms.

Tip: Avoid rounding your back and keep your feet at hip distance apart.

Wind Removing

Lying on the ground, leave your left leg on the ground. Bring your right knee up towards your chest. Interlock your fingers on the top of your shin.

Keep head, shoulders, back, and hips placed on the ground. Breathe deeply. Switch legs.

fitFlow

Bird Dog

Frog

Gorilla

Cat/Cow



Instructions

Hero

While on your hands and knees, extend your leg out and your opposite arm. Engage your core muscles and balance on your hands and knee that are placed on ground.

Keep the extended arm and leg, as well as your head, in line with your back. Switch sides.

Frog

With feet a little wider than hip distance apart, bend your knees and sink your hips down as far as they will go.

Balance on the toes. Rest your arms on the inside of both legs. Gaze forward and keep the chest open.

Tip: To add some action, jump up and down reaching your hands to the sky and ribbit like a frog!

Gorilla

With feet a little wider than hip distance apart, hinge forward at the hips and keep the spine straight.

Keep your chest open and gently sway from side to side shifting your weight from foot to foot.

Tip: Make the pose as active or gentle as you want, add in monkey sounds to make it fun!

Cat/Cow

Start on all fours. Place your shoulders over your wrists and hips over your knees. Arch your back to the sky and tuck in the tailbone. Let your head fall between your arms.

From there, sink the belly towards the ground, and lift the chest and chin. Gently alternate between the 2 poses breathing deeply.

Tip: Add in cat and cow noises to make it fun!