

YOGA

Yoga for children not only exercises our body, it exercises the mind and strengthens the breath.

It helps children to develop an awareness of themselves and their friends.

Yoga promotes mental clarity. A calm breathing moment can be invaluable to help calm and relax an individual who may be wound up, anxious or worried. Yoga fosters patience

Yoga practice can:

- decrease aggressive behaviour hyperactivity, and social withdrawal.
- help with Self-Control
- reduces Stress and Anxiety
- build resilience
- provide a healthy coping mechanism

YOGA

For all of these reasons, Amy has taken up yoga. In chapter one she is in the throes of a yoga session when her best friend Jamie arrives.

One of the poses Amy strikes is the Elephant pose, as seen below.



YOGA

Poses

FOX POSE



CROCODILE POSE



CROW POSE



YOGA

Poses

ANT POSE



CRAW POSE



YOGA

Poses

FROG POSE



GIRAFFE POSE



KANGAROO POSE



YOGA

Poses

LOBSTER POSE



PARROT POSE

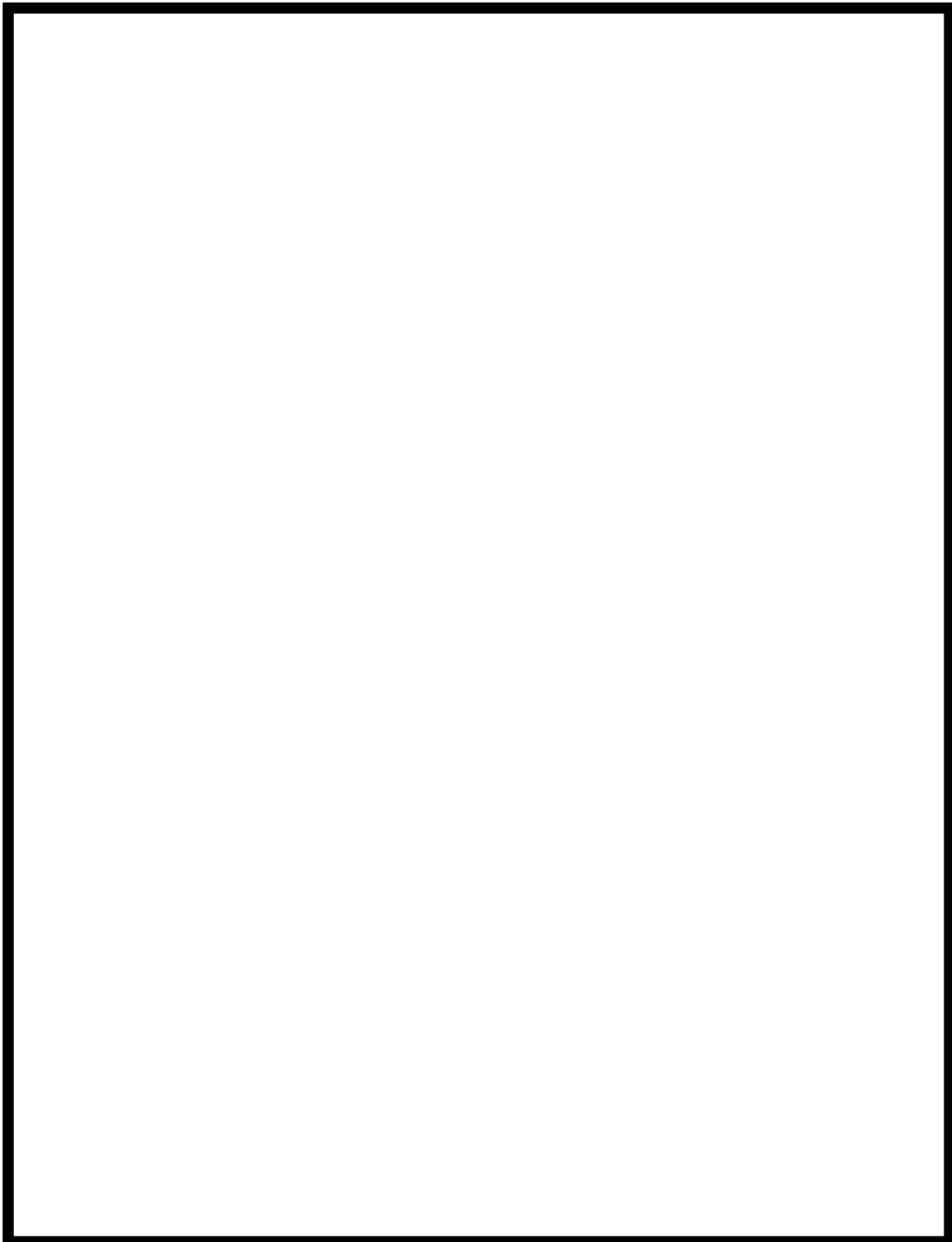


YOGA

Create your own animal yoga pose.

ANIMAL

.....

A large, empty rectangular box with a thick black border, intended for drawing a yoga pose.

YOGA ROUTINE

Here is an example of a yoga routine Amy would regularly follow.

Breathing is key- to help still the mind and steady your heart beat.

Belly Breathing
Put your hands on your tummy.
Take a deep breath in. Hold for three seconds then breath out.

Warm Palms
Rub together the palms of your hands.
When you feel them warm, place your hands over your eyes. Take a deep breath in, hold for 3 secs, then breath out.

Toes to Sky
Bend over, touch your toes.
Breath in as you move your hands up towards the sky.
Hold for three seconds then repeat.

MONDAY

WARM PALMS

Lobster pose

BELLY BREATHING

Frog pose

TOES TO SKY

Kangaroo pose

WARM PALMS

Elephant pose

BELLY BREATHING

Crocodile pose

Amy has developed a very healthy routine and does yoga three times a week - Monday, Wednesday and Friday.



Breathing exercises = 30 seconds each
Yoga animal pose = 1 minute each

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hands up towards the sky.
Hold for three seconds then
repeat.

Create your own yoga routine to complete.
Use Amy's routine as an example.

MONDAY

[illegible]

WEDNESDAY

[illegible]

FRIDAY

[illegible]