

Animal Poses

Let's move like our animal friends. We can balance like a fox or move like a snake. We can growl like a bear, and stretch like a cat. Let's begin by breathing deep inside.

Belly Breathing:

Lie down flat on your back and relax. Put your hands on your belly. Breathe in slowly through your nose and feel your belly get big like a balloon. Then slowly blow the air out of your mouth, like blowing out a candle, until your belly goes flat. Let's do it again. *(Repeat)*

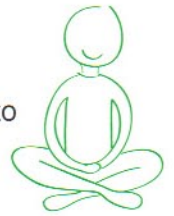


Growling Bear:

Sit on your heels with your hands on your knees. Open your eyes very wide. Stick out your tongue and touch your tongue to your chin. Make a big growl. Turn to each side and growl again. Now close your eyes and touch your face. Let's do it again. *(Repeat)*

Sitting Frog:

Sit on your bottom and cross your legs. Make your back very tall, your belly full of air and then let all of the air out. You can close your eyes and be very still while you listen to breathing going in and out, in and out, in and out. Let's do it again. *(Repeat)*



Bending Snake:

Lie down on your belly with your shoulders relaxed. Take a deep breath in and push and stretch up with your arms higher and higher. You are bending like a snake. Stick out your tongue out and make a hissing sound by breathing out. Let's do it again. *(Repeat)*

Lifting Dog:

Come down on your hands and knees like a dog. Stretch your puppy paws out. Lift your tail up in the air. Stretch. Press down through your puppy feet. Come down and rest on the floor with your arms by your side. Rest and relax. Now let's do the Lifting Dog again. *(Repeat)*



Stretching Cat:

Get down on your hands and knees and pretend you are a cat. Take a deep breath and then pull in your belly and lift your back towards the sky. Make your back nice and round as you look down at the floor. Breathe out and make a hissing sound like a cat (demonstrate). Let's do it again. *(Repeat)*

Balancing Fox:

Let's stand straight and tall. Put your feet close together, flat on the floor. You can stretch your arms out to the sides to help you balance. Take a big, deep breath and slowly raise one foot and put it on the side of your other knee. Look, you are standing on one foot! Hold yourself in place as long as you can. Breathe deeply in and out, in and out. You can put your foot back on the floor. Let's do this with the other leg too. *(Repeat)*

