

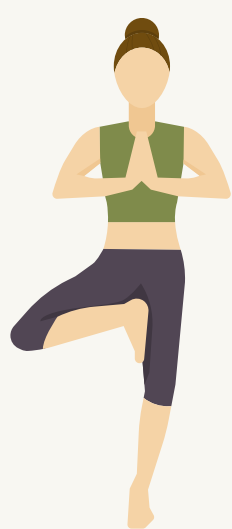
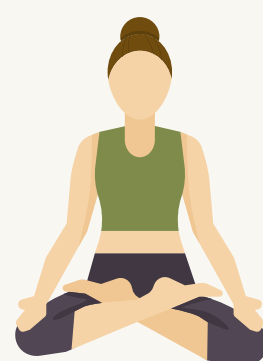


Classroom Yoga



Animal yoga. Sit in a circle. Invite each child to name their favorite animal, and after naming that animal, showing you a pose that represents the animal. Then, have everyone get up and take a deep breath, then do the same pose. Here are some examples of animal yoga poses:
www.kidsyogastories.com/zoo-animals-yoga

Check YouTube. Depending on your state's licensing rules, there are lots of videos on YouTube that can either guide you through audio or video into some child-friendly yoga. Here's an example:
www.youtu.be/C4CaR0syf1g



Yoga Books. There's a preschool-friendly book for everything these days! Yoga is not excluded. Stop by your local library or see if there's room in the budget for new books. Here is a list of preschool-friendly books that would work well for story time or near your cozy corner:
www.babiestobookworms.com/2018/01/11/15-of-the-best-yoga-books-for-kids/