Kids Yoga Cards

12 animal poses + 8 partner poses





How to play

- Pick a card: Shuffle the deck and let your child pick a card. Everyone does that pose.
- Yoga story: Choose five animal cards and make up a story: “We walked through the jungle like a bear, saw a lion…”
- Yoga dice game: Number six cards from 1 to 6 and roll a die to choose the pose.
- Brain break: Display a “pose of the day” card for a quick two-minute break.
- Freeze dance: Play music. When it stops, hold up a card and everyone freezes in that pose.

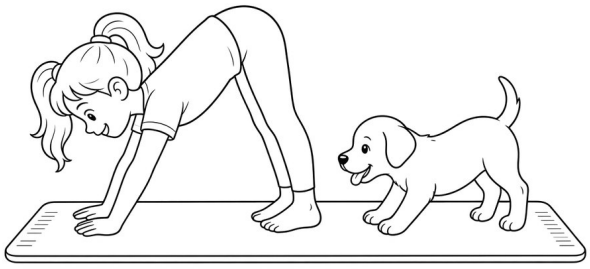
Stay safe

Practice on a mat or soft carpet with bare feet. Move slowly, breathe through your nose and never force a stretch. Yoga should never hurt. An adult should supervise, especially for partner and balance poses.

Printing tip: Print the cards on card stock and laminate them so they last. Cut along the dashed lines.

ANIMAL POSE 1

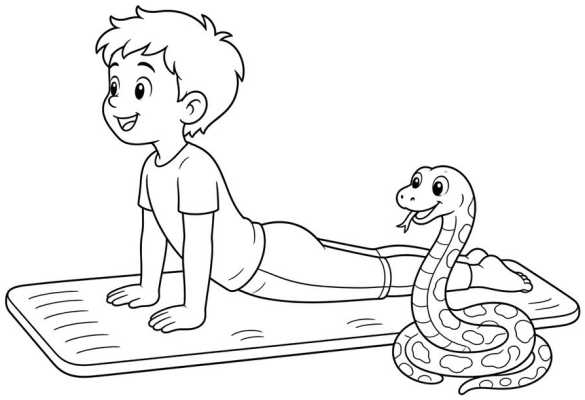
Downward Dog



1. Start on your hands and knees.
2. Tuck your toes and lift your hips high to make an upside-down “V.”
3. Wag your “tail” like a happy puppy.

ANIMAL POSE 2

Cobra (or Snake)



1. Lie on your tummy with your hands under your shoulders.
2. Gently press up and lift your chest.
3. Hiss like a snake: “Sssss!”

ANIMAL POSE 3

Frog



1. Squat down with your feet apart.
2. Put your hands on the floor between your knees and look up.
3. Hop and say “Ribbit!”

ANIMAL POSE 4

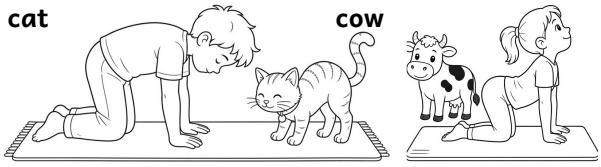
Butterfly



1. Sit and press the soles of your feet together.
2. Let your knees fall out to the sides and hold your feet.
3. Gently flap your knees like butterfly wings.

ANIMAL POSE 5

Cat and Cow



1. Start on your hands and knees.
2. Cat: round your back up high and say “Meow!”
3. Cow: drop your tummy, lift your head and say “Moo!” Repeat five times.

ANIMAL POSE 6

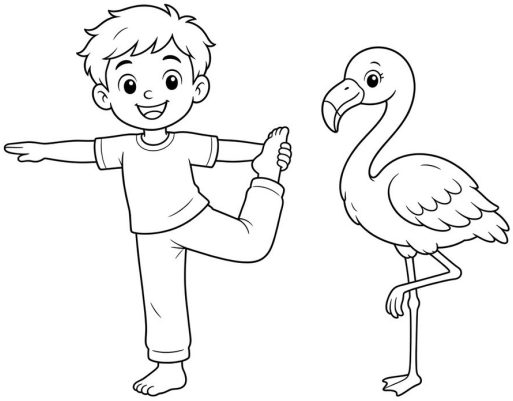
Lion



1. Kneel and sit back on your heels.
2. Spread your fingers on your knees and take a big breath in.
3. Open your mouth wide, stick out your tongue and ROAR!

ANIMAL POSE 7

Flamingo



1. Stand tall on one leg.
2. Lift the other foot behind you. Hold your ankle, or stretch your arms out wide.
3. Balance for five breaths, then switch legs.

ANIMAL POSE 8

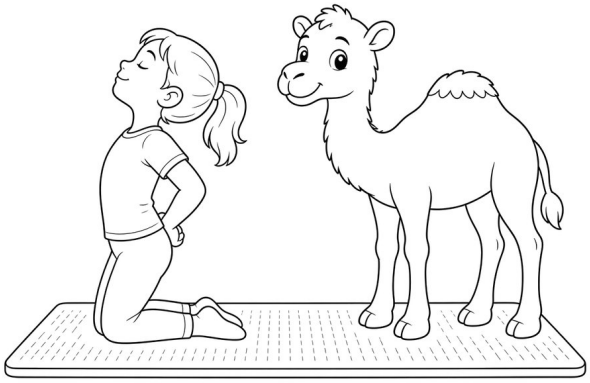
Turtle (Child’s Pose)



1. Kneel and sit back on your heels.
2. Fold forward and rest your forehead on the floor.
3. Rest your arms by your sides and hide in your shell.

ANIMAL POSE 9

Camel



1. Kneel with your knees hip-width apart.
2. Put your hands on your lower back.
3. Gently lean back and lift your chest to the sky. Keep it gentle!

ANIMAL POSE 10

Eagle



1. Stand tall and cross one leg over the other.
2. Wrap your arms around each other in front of you.
3. Bend your knees a little and look at one spot to balance.

ANIMAL POSE 11

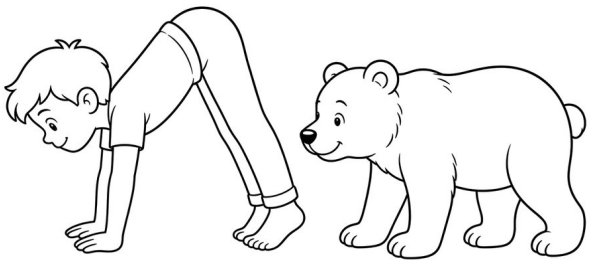
Crocodile



1. Lie flat on your tummy.
2. Stack your hands and rest your chin on them.
3. Open and close your arms like snapping crocodile jaws.

ANIMAL POSE 12

Bear Walk



1. Put your hands and feet on the floor with straight legs.
2. Walk slowly around the room on all fours.
3. Be slow and heavy like a big brown bear. Growl softly!

PARTNER POSE 1

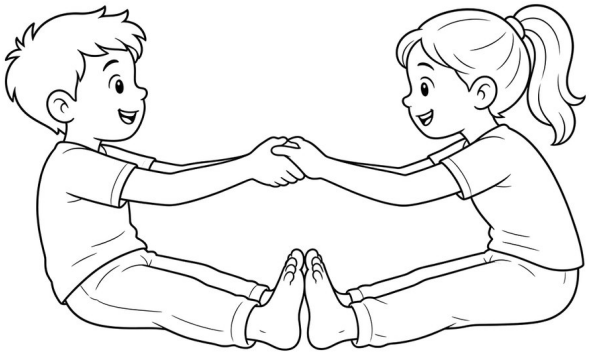
Double Tree



1. Stand side by side with an arm around each other's waist.
2. Lift your outside foot onto your inside leg.
3. Press your outside hands together above your heads.

PARTNER POSE 2

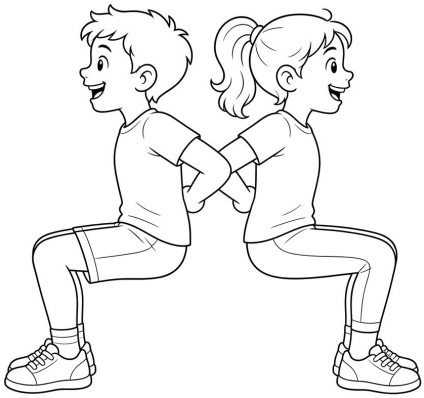
Seesaw



1. Sit facing each other, legs straight and feet touching.
2. Hold hands.
3. Take turns gently leaning back while your partner leans forward.

PARTNER POSE 3

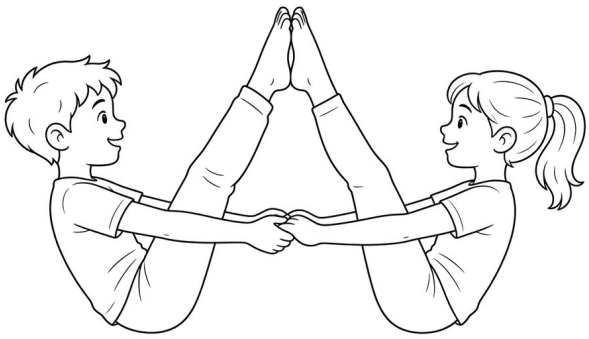
Back-to-Back Chair



1. Stand back to back and link arms at the elbows.
2. Slowly walk your feet forward.
3. Lower down together until you're both "sitting" on an invisible chair.

PARTNER POSE 4

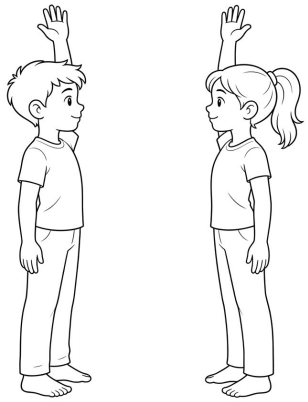
Partner Boat



1. Sit facing each other, knees bent and toes touching.
2. Hold hands, lift your feet and press your soles together.
3. Slowly straighten your legs to make a "V" shape boat.

PARTNER POSE 5

Mirror Mountains



1. Stand facing each other, tall like mountains.
2. The leader slowly moves their arms. The partner copies like a mirror.
3. Swap leaders after one minute.

PARTNER POSE 6

Twin Butterflies



1. Sit back to back in Butterfly pose.
2. Link arms.
3. Flap your knees together and breathe in and out at the same time.

PARTNER POSE 7

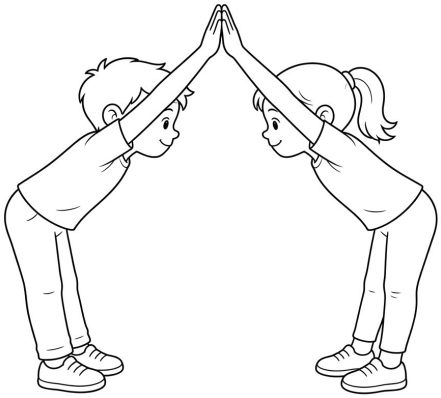
Partner Twist



1. Sit cross-legged, back to back.
2. Reach your right hand to your partner's left knee and your left hand to your own right knee.
3. Gently twist, then switch sides.

PARTNER POSE 8

Temple



1. Stand facing each other about an arm's length apart.
2. Raise your arms and lean forward.
3. Press your palms together above your heads to make a temple roof.