

PE & HEALTH · GRADES 1–3

Yoga for Kids

Eight foundational poses

Eight poses to learn

1 — Mountain Stand tall, feet together, arms by sides. Imagine you're a strong, still mountain. Breathe in for 4, out for 4.	2 — Tree Stand on one leg. Place the other foot against your standing leg (not on the knee). Hands at heart or stretched up like branches.
3 — Cat On hands and knees. Round your back up like a cat hissing. Breathe out as you round.	4 — Cow From cat: drop your belly, lift your chin and chest. Breathe in. Move slowly between cat and cow.
5 — Down dog Hands and feet on floor, lift hips up high. Make an upside-down V. Hold for 3 breaths.	6 — Cobra Lie on belly. Hands beside chest. Press up to lift your chest, keeping hips on floor.
7 — Butterfly Sit. Soles of feet together. Hold ankles. Let knees drop softly. Sit tall.	8 — Child's pose Kneel. Sit back on heels. Lay your body forward. Forehead to floor. Rest.

A class flow

Try this 5-minute sequence: Mountain → Tree (each side) → Down dog → Cobra → Cat / Cow → Butterfly → Child's pose. Hold each pose for 3 breaths. End in stillness.

