

WET BREAK · PRE-K TO Y6

Wet Break Classroom Yoga

20 poses you can do beside your chair

Why this works

Children's bodies need to move. Wet break removes the playground; their bodies still want to move. Pent-up energy comes out as fidgeting, talking, escalating noise. These 20 poses give the body something to do — without space, equipment, or noise. Chair-side. Standing. Quiet.

Standing poses (beside the chair)

Mountain Stand tall. Feet hip-width. Arms by sides. Reach up tall through the crown of the head. Hold 30 seconds. The simplest pose; the foundation.	Tree Stand on one foot. Other foot rests on calf or inner thigh (NOT on knee). Arms above head. Balance. Switch sides.
Star Feet wide. Arms wide. Make yourself a big X. Hold and breathe.	Forward fold Stand with feet hip-width. Hinge at hips. Let arms dangle towards floor. Don't worry about touching toes. Hang.
Warrior Step one foot back. Front knee bent over ankle. Back leg straight. Arms wide. Strong like a warrior.	

Seated poses (in the chair)



Seated mountain Sit tall. Feet flat. Hands on knees. Reach up through the crown. Long spine.	Eagle arms Arms forward. Cross at elbows. Wrap forearms. Press palms together (or backs of hands if that's all you can manage). Switch.
Seated twist Sit tall. One hand on opposite knee. Other hand behind. Twist gently. Switch sides.	Cow face arms One arm up and bent down behind head. Other arm down and bent up behind back. Try to clasp hands. (A towel/strap helps.) Switch.
Seated forward fold Sit. Lean forward over legs. Arms reach forward. Forehead towards knees if comfortable.	

Floor poses (beside the chair if space allows)

Child's pose Knees on floor. Big toes touch. Sit back on heels. Forehead to floor. Arms forward or by sides. The reset pose.	Cat-cow Hands and knees. Inhale: drop belly, look up (cow). Exhale: round back, tuck chin (cat). 5 rounds slowly.
Downward dog Hands and feet on floor. Hips lifted. Body forms a V shape. Heels press towards floor. Hold.	Cobra Lie on belly. Hands under shoulders. Press up gently, lift chest. Hips stay on floor. Look forward.
Bridge Lie on back. Knees bent, feet flat. Lift hips. Arms by sides. Strong glutes.	

Calming poses (any time)

Belly breathing Hand on belly. Breathe in: belly rises. Breathe out: belly falls. Slow. 5 rounds. Calms the nervous system.	Bumblebee breath Cover ears with index fingers. Hum like a bumblebee on the exhale. Surprisingly calming. Children love it.
Lion's breath Inhale through nose. Exhale through mouth, tongue out, eyes wide, roar quietly. Releases tension.	5-finger breath Trace one hand with the index finger of the other. Inhale up each finger, exhale down. Five breaths, full hand.



Squeeze and release

Make tight fists. Squeeze hard for 5 seconds.
Release. Notice the difference. Repeat with face,
shoulders, whole body.

How to use these in wet break

