

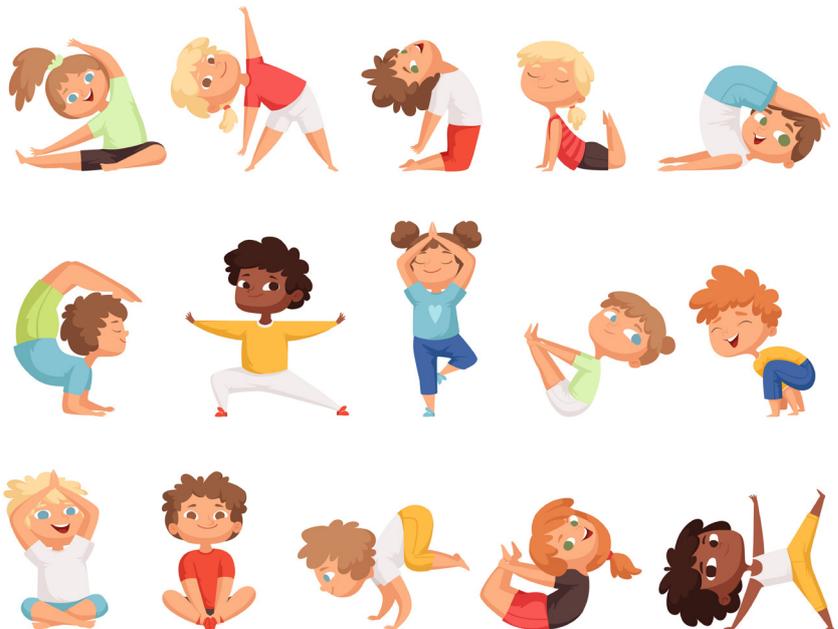


Relaxation

Phew! It has been a busy couple of days for a lot of us. Between home schooling and going back to school (Yaay!), there has been a lot of things going on.

It's very important to take a moment to relax and take a break. Sometimes when we are worried or feeling anxious, our muscles tense up.

But stretching and exercise can help us relax and loosen our bodies which can really improve our mood!





Animal Yoga Poses

This is so cool! If you have had a busy day, this really helps take your mind off things. Maybe ask a friend or adult to join you, they may have had a busy day too!

See how many Yoga poses you can do. It doesn't matter if you cannot do the exact position, once you try! Extra points if you can make the noise of the animal!



Frog pose

Pose 1: Frog Pose

Crouch down on to your tip toes. Put your knees out wide and place your hands in front of you on the ground for balance. Jump in the air like a frog and shout ribbit!



Camel pose

Pose 2: Camel Pose

Start with your knees on the floor. Place your hands on your lower back, bring your shoulders back and look towards the sky.



Lion pose

Pose 3: Lion Pose

Kneel down with your hands on your lap. Once comfortable, slap your legs once, and rise up with your hands above your head and growl like a lion! Make sure to keep your knees on the ground when you rise up!



Animal Yoga Poses



Dog pose

Pose 4: Dog Pose

Get down on your hands and knees. Spread your arms wide, tuck your toes and push your hips into the air! And what do dogs do when they are happy? They wag their tails, so let's wag our tails in the air, like we just don't care!



Flamingo pose

Pose 5: Flamingo Pose

This can be tricky! Reach up into the sky with one hand, like the neck of a flamingo. Now stand on one leg! If you wobble, that's ok! See if you can bring your foot to the side of your knee and place two hands above your head!



Giraffe pose

Pose 6: Giraffe Pose

This is great for a big stretch! Place one foot forward and one foot back. Stretch your hands all the way into the sky, like a Giraffe's neck. Now, lean over to one side, like you are a giraffe eating some lovely leaves! Can you feel the stretch? Awesome! Now switch legs and lean to the other side!



Cat pose

Pose 7: Cat Pose

We did the dog pose so it is only fair we do the cat pose! Get down on your hands and knees. Now arch your back and tuck your head into your tummy, like a cat does when they want a rub!