

We know sometimes it's tricky not to be able to go outside and play with our friends and not being able to go to school. Here are a few ideas from Sonia Maidstone Cotton who is a freelance consultant and nurture worker:

- **Bee breathing** – Sit somewhere comfortable, place your hands over your ears, take a breath in, as you breathe out making a humming noise. Repeat a few times.
- **Barefoot walking**- Do this activity together, if you can go outside in a garden or on a grass area, check the area for sharp things, etc. Take your shoes and socks off and walk on the grass, notice how it feels on your feet, notice how it makes you feel.
- **Calming bottle** – Fill an empty bottle with water, add some glitter. Get your child to shake the bottle, place their hand on their tummy and breathe in and out slowly as the glitter settles.
- **Yoga:** Have a go at doing some yoga! Ask your family to join in with you! How did it make your body feel? Why do you think we need to exercise? Cosmic kids on Youtube offers yoga and mindfulness sessions. <https://www.youtube.com/user/CosmicKidsYoga> or you could follow these cards:

Yoga Cards

Preparation and Safety

Age 5-7

National Curriculum Develop balance, agility and co-ordination.

Time Can be adapted to any setting or time frame.

Preparation Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with animals, pictures and stories inside to promote discussion.

Safety Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs.

Yoga Cards

Downward-Facing Dog - Adho Mukha Svanasana

Benefits Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

- 1 Begin on hands and knees with toes tucked under.
- 2 Exhale, straighten knees and lift hips, so you are in an upside-down V.
- 3 Hold this position for as long as you like. Let your head hang down and breathe.
- 4 To release, exhale and bring knees to the floor.




Yoga Cards

Warrior II Pose - Virabhadrasana II

Benefits Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

- 1 Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
- 2 Inhale, and lift your arms parallel to floor.
- 3 Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
- 4 Keep your torso tall, turn your head, and look out over your fingertips.
- 5 Inhale, straighten your legs and lower your arms. Repeat on opposite side.




Yoga Cards

Chair Pose - Utkatasana

Benefits Strengthens legs, stretches shoulders and chest.

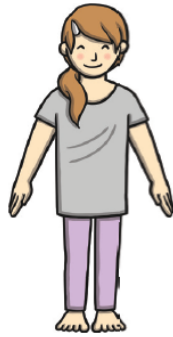
- 1 Start in mountain pose.
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling, with your palms facing each other.
- 4 Hold this pose and breathe.



Mountain Pose - Tadasana

Benefits Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
Press your shoulders back and hold your arms out straight, a little way from your body.
- 3
- 4 Breathe deeply and hold as long as needed (at least two long breaths).



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Tree Pose - Vrikshasana

Benefits Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

- 1 Begin in mountain pose.
- 2 Lift your right foot, turning your knee out; place your foot below your left knee.
- 3 Press your hands together.
- 4 Raise arms overhead, and look up to your hands if possible.
- 5 Return hands to your chest, and lower your right leg.
- 6 Repeat with left leg.



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