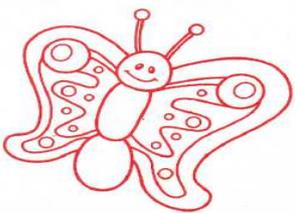


Activities at Home Resources:

84. Yoga

Butterfly

When the soles of my feet
are kissing
My legs form a diamond shape
When I spread my elbows
like wings
A butterfly I do make.



© Imagnazium 800-800-7008

Butterfly



Lion

I can hide
Silent and still
When I crouch down low
But when I pounce
I roar out loud
So everyone will know.



© Imagnazium 800-800-7008

Lion



Bug

When my hands crawl
through my legs
And rest next to my feet
I can sit upon my arms
As if they were my seat.



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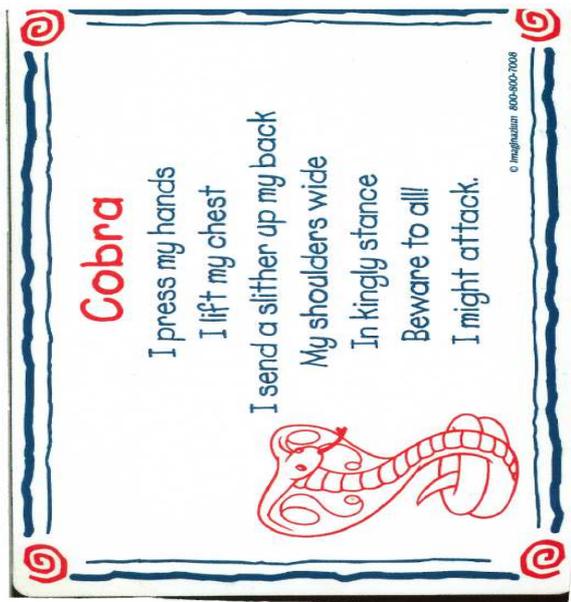
Bug



Activities at Home Resources:



Cobra



Cobra

I press my hands
I lift my chest
I send a slither up my back
My shoulders wide
In Kingly stance
Beware to all!
I might attack.

© Imaginarium 800-800-7008



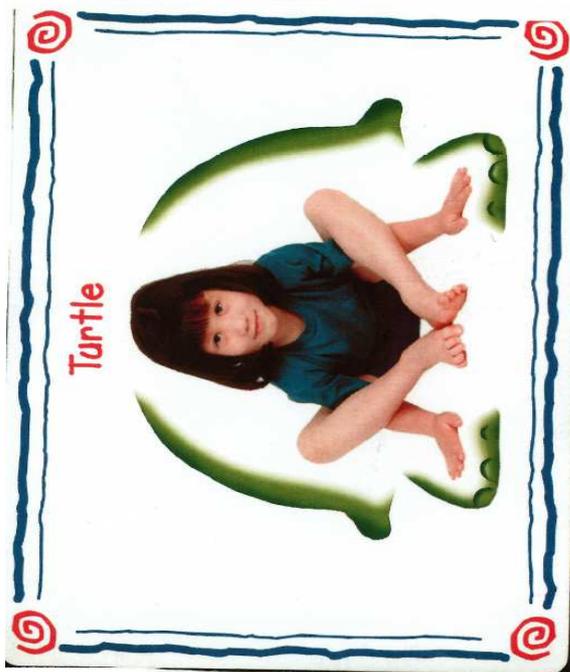
Flower

I slide my arms
inside my legs
I scoop my elbows
under knees
I lean way back
and lift my feet
So I can balance
on my seat!

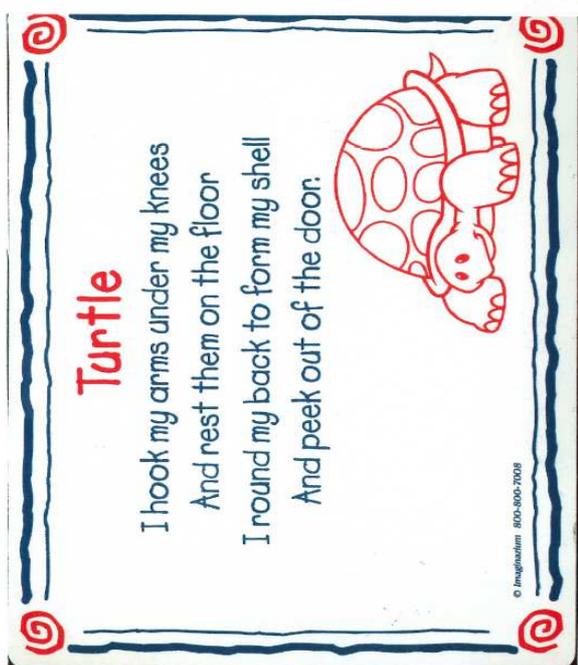
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Flower



Turtle

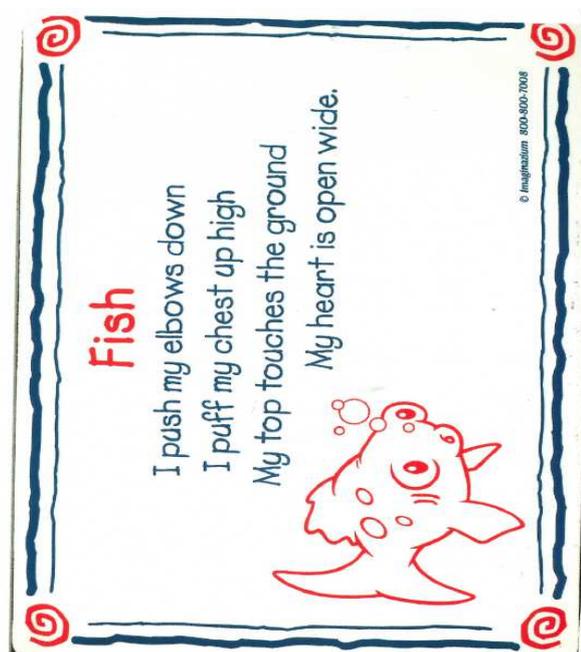
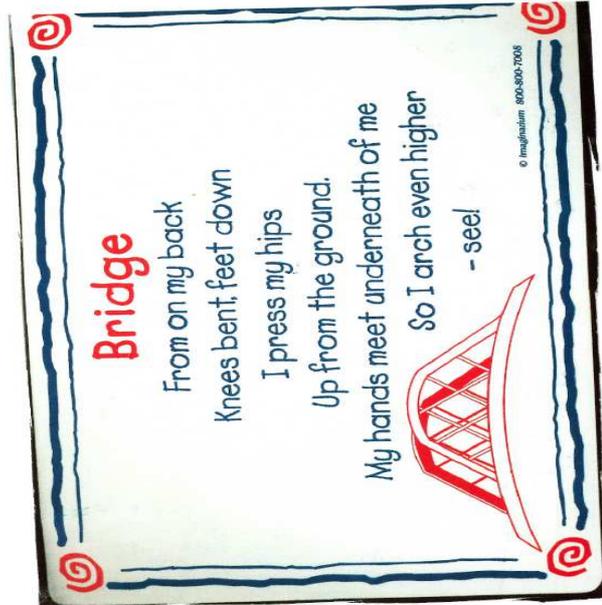
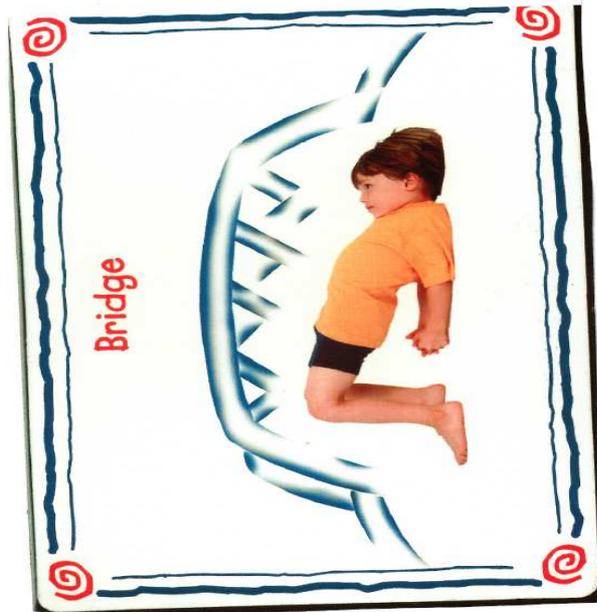


Turtle

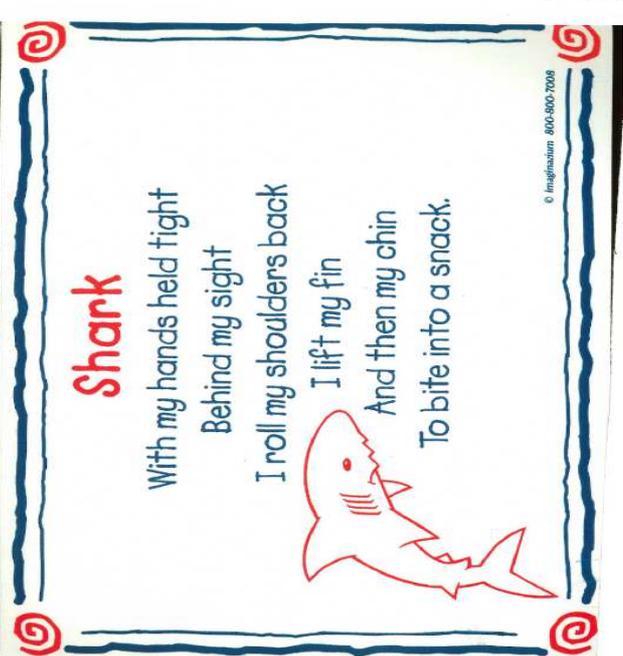
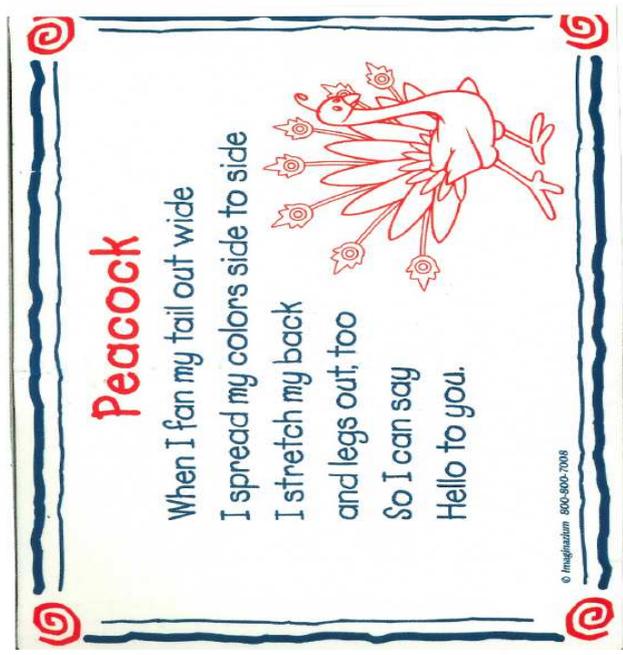
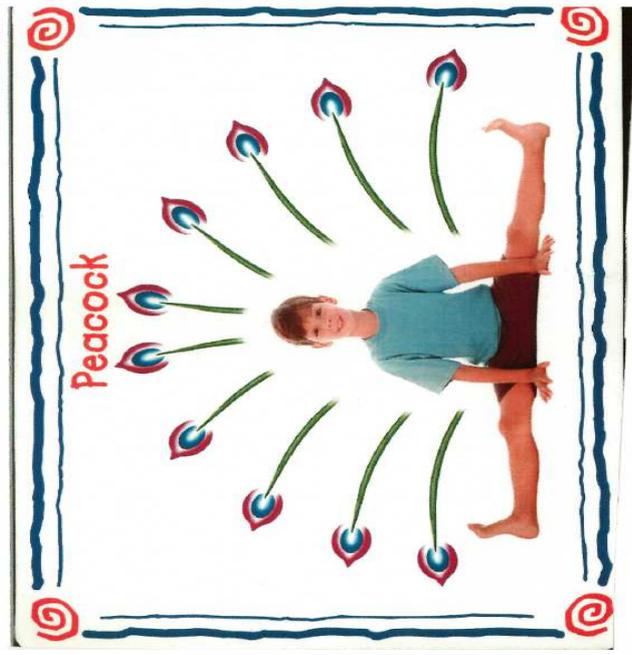
I hook my arms under my knees
And rest them on the floor
I round my back to form my shell
And peek out of the door.

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Activities at Home Resources:



Activities at Home Resources:



Activities at Home Resources:

Waterfall

From mountain high
Hands touching sky
I arch from head to toe
The water runs
It feels so fun
Just to let it flow.



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Waterfall



Hero



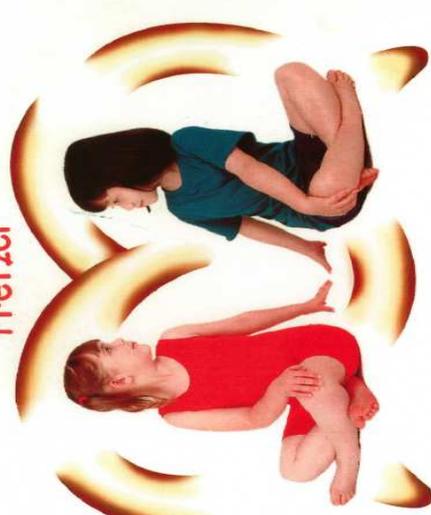
Hero

I am warrior
Brave and true
My legs stand wide apart
With front knee bent
And back leg straight
My arms reach from my heart.



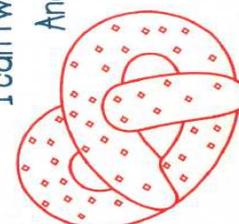
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Pretzel



Pretzel

Sitting criss-cross applesauce
My right hand to left knee
I can twist my torso 'round
And see what's behind me.



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Activities at Home Resources:

Cat

From on all fours
I round my spine
So I can see my tummy
Then with a stretch
I arch myself
It makes my back
feel yummy.



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Cat



Dog



Dog

I am dog
And when I yawn
I push into the ground
My tail goes up
My back gets long
My arms stretch straight
My head hangs down.



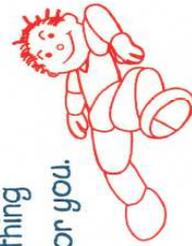
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Do Nothing Doll



Do Nothing Doll

Nothing to think
Nothing to do
Doing nothing
It's good for you.



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Activities at Home Resources:

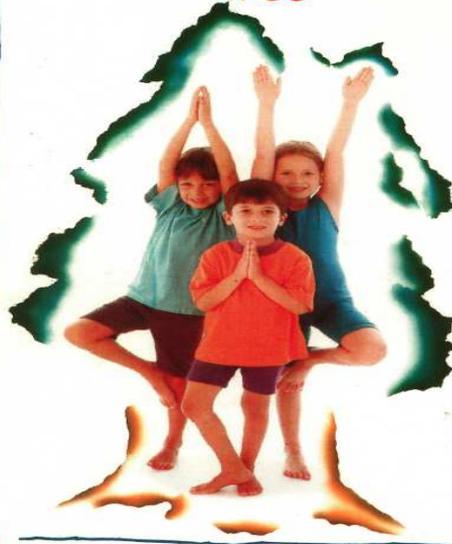
Tree

When I send my roots
down deep
I let myself grow tall
I focus on a single point
I hold my center strong
Then I can balance on one leg
and stretch my limbs out long.



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Tree



Frog

I am frog
I sit in squat
I wait for flies
That I can spot
Then I flick my tongue so fast
The fly is gone within a flash.

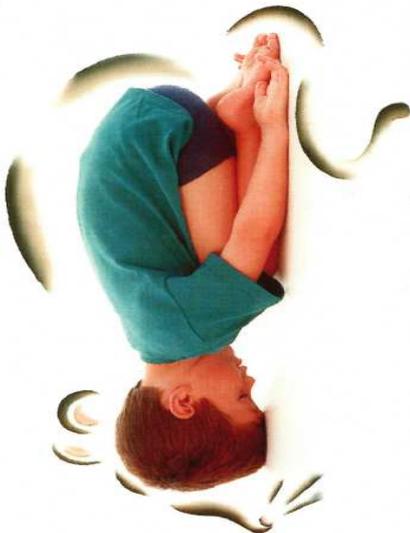


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Frog

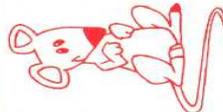


Mouse



Mouse

Chest on thighs
My chin tucked in
I close my eyes
I rest within
Just like a mouse
Curled in a house
Where nobody has been.



© Imaginazium 800-800-7008

Activities at Home Resources:

Squirrel

When I stand upon my knees
And pause to look around
I can gather lots of things
To store beneath the ground.



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Squirrel



Mountain

Head, shoulders,
hips and feet
All aligned
with my heartbeat
Rooted down
get rising tall
I'm a mountain,
big or small.



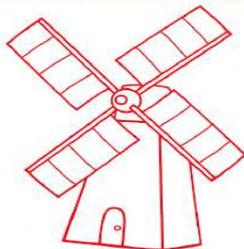
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Mountain



Windmill

Standing with my legs
spread wide
I bend to face the ground
With a twist
One arm goes high
The other touches down.



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Windmill



Activities at Home Resources:



Forward Fold



Mountain Pose



Forward Fold



Crescent Lunge

Sun Salutation



Crescent Lunge



Down Dog



Down Dog

Activities at Home Resources:

85. Obstacle course

- Obstacle courses can be made indoors or outdoors depending on space and resources available to you. Any household or garden objects can be used to make an obstacle course and each person's course is unique.
- Allow your child to be part of the process of making the obstacle course and support their creative ability by offering them opportunities to add/remove items or adapt the course if they would like to.
- Obstacle course should be fun and challenging for children. They should include some heavy muscle work activities (e.g. crawling/animal walking/climbing) and some physical exercise components (e.g. running if possible/hopping/jumping).

