

Yoga and relaxation

instructions

Easy pose

Sit on the floor. Stretch your legs out in front of you.

Bend your right knee. Put your right foot under your left thigh.

Now bend your left knee. Put your left foot under your right thigh.

Sit up straight.

Put your hands together in front of your chest.

Now put your hands down on your knees.

Close your eyes and breathe normally.

Now stretch your left leg straight out in front of you.

Then put your right leg straight out in front of you.

Shake your legs.

Now let's repeat the pose, starting with the left leg.

First bend your left knee. Put your left foot under your right thigh.

Then bend your right knee. Put your right foot under your left thigh.

Sit up straight.

Put your hands together in front of your chest.

Now put your hands down on your knees.

Close your eyes and breathe normally.

Now, stretch your right leg straight out in front of you.

Then put your left leg straight out in front of you.

Shake your legs.



Warm-up

Stand up straight.

Slowly turn your head to the right. Slowly turn your head back to the centre.

Slowly turn your head to the left and then back to the centre.

[Repeat]

Put your arms up above your head.

Stretch your arms up.

Breathe in.

Breathe out and put your arms down.

[Repeat]

Stand up straight.

Bend your knees.

Breathe in. Breathe out.

Straighten your legs. Stand up straight.

[Repeat]

Stretch your right leg to the right.

Stretch your left leg to the left.

Bend your body to the right.

Bend your body to the left.

Bend your body to the right again.

Bend your body to the left again.

Shake your arms.

Shake your legs.

Tree pose

[For this pose, you can use a chair or the wall to help you.]

Stand up straight.

Bend your left leg.

Put your left foot on your right thigh.

Put your arms above your head.

Stretch your arms up.

Put your hands together.

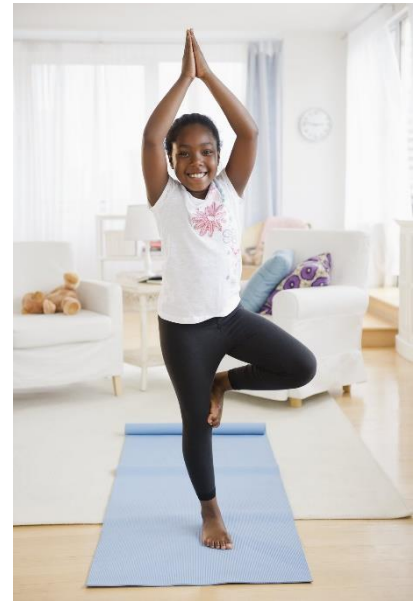
Breathe.

Put your arms down.

Put your left foot down.

Shake your legs.

[Repeat with the other leg.]



Warrior pose

Stand up straight.

Stretch your right leg to the right and your left leg to the left.

Stretch your right arm to the right and your left arm to the left.

Turn your head to the right.

Turn your right foot forwards.

Bend your right leg.

Breathe.

Straighten your right leg.

Turn your right foot forwards.

Turn your head forwards.

Put your arms down.

Put your feet together and shake your legs.

[Repeat the other way.]



Relaxation

Lie down on the floor.

Breathe in. Breathe out.

[Repeat x2]

Close your eyes.

Imagine you are on a cloud. A big, white, fluffy cloud.

Now the cloud is going up, up, up into the sky.

You're floating in the sky on the big, white, fluffy cloud.

Now you see a rainbow. Look at all the colours.

First imagine the colour red. Can you see the red of the rainbow?

You can feel the red of the rainbow on your head, your arms and your hands. You can feel the red on your body, your legs and your feet. The red feels very warm. Breathe in and breathe out.

Now imagine the colour orange. Can you see the orange of the rainbow?

You can feel the orange of the rainbow on your head, your arms and your hands. You can feel the orange on your body, your legs and your feet. The orange feels very warm. Breathe in and breathe out.

[Repeat with yellow, green, blue, purple.]

Now, slowly, the rainbow disappears. The cloud is going down, down, down.

Slowly move your fingers, move your hands, move your legs and move your feet.

Turn your head from side to side.

Breathe in, breathe out and open your eyes.

When you're ready, sit up.

adapted from <https://www.compassionatecounselingstl.com/blog/rainbow-guided-meditation-relaxation-walk-through-for-kids>