

SUN SALUTATION FOR KIDS

Look up at the sky

Stand tall with your legs hip width apart, feet facing forward, arms alongside your body. Inhale deeply, look up and reach your arms to the sky. Say, "Hello, sun in the sky!"



Pretend to be a jellyfish

Exhale, bend your upper body, reach for your toes and pretend your arms are jellyfish tentacles. Say, "Hello, jellyfish in the sea!"



Pretend to be a sand castle

Place your palms flat on the ground, inhale and step your right foot back. Keep your back flat and your chest open, pretending to be a sand castle. Say, "Hello, sand castle on the beach!"



Pretend to be a dolphin

Exhale and step your left foot back to create an upside-down V. Straighten your legs, relax your neck and look down between your legs. Imagine being a dolphin gliding through the waves. Take 5 deep breaths. Say, "Hello, dolphin in the waves!"



Pretend to be a crab

As you inhale, shift forward, drop your knees, and come to an all-fours position. Imagine you are a crab scuttling across the sand. Say, "Hello, crab on the sand!"



Pretend to be an urchin

As you exhale, sit on your heels, keeping palms flat in front of you, rest your head on the mat. Bring your arms back alongside your body and imagine being an urchin floating. Say, "Hello, urchin resting on a rock!"



Reverse the steps back to standing. Then repeat the sequence on the left side.