

Try different yoga exercises

Do you want to join?

1

How is Kate feeling?
Talk about Kate's feelings.

How are you feeling?
Talk about your own feelings.



2

Try if you can transform yourself into five animals; a giraffe, a cat, a snake, a dog and a butterfly.

3

Can you make sounds like the animals?
Say the sounds with a whisper, then loud and then normally.

A giraffe who is mumbling

A cat who is meowing or purring

A butterfly who is flapping its wings

A snake who is hissing or saying sssss ...

A dog who is barking or yapping

4

Lay on your back and take a deep breath while you hold your bellybutton and feel your stomach getting big. Blow out the air, like you do when you blow out the candles of a birthday cake, and feel your stomach getting flat again. It is important to breathe when you do yoga. Repeat the exercise 10 times.

You have now talked about your feelings and you have used your body. Now, you need to sense your body. Because the feelings you have in your head and your body are connected.

5

Time for yoga

Look at the poster and do yoga with Kate and the other children.
Remember to breathe and make animal sounds if you want to. Finish with the tree pose on each leg and say the mantra:

I feel helpful
I feel wanted
I feel like myself.

Yoga

Giraffe



helpful

I feel

like myself

wanted

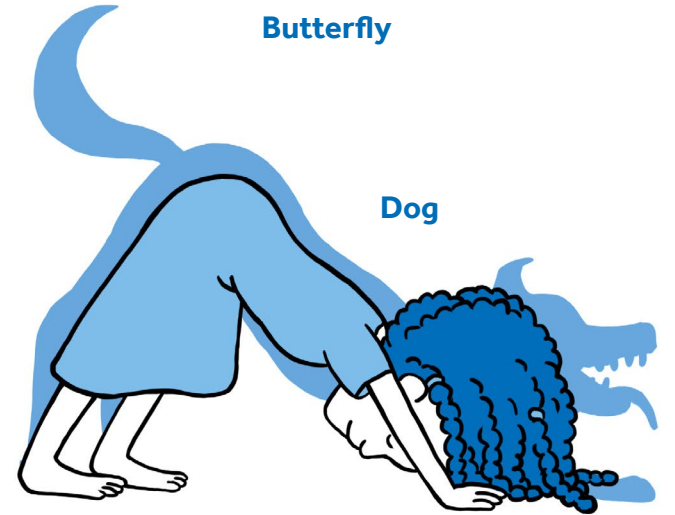
Tree



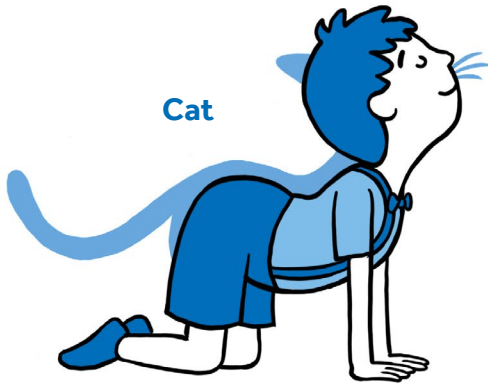
Butterfly



Dog



Cat



Snake

