



Mindfulness

YOGA POSES 24 CARDS

RESOURCE INCLUDES:

- 24 Yoga Poses Cards
- How to use Yoga Cards in the classroom and beyond
- Ways to introduce & practice yoga
- Implementation Tips
- Both color and black/white versions to print





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24 YOGA POSES

What is YOGA?

Yoga is a useful and easy movement experience for students in the classroom. Yoga provides students with opportunities to improve flexibility and core strength. Research also suggests that practicing yoga reduces impulsivity, improves attention, and helps with relaxation.

Why use YOGA with your students?

Yoga helps us gain flexibility, get stronger, be stronger, more focused, and become relaxed. Yoga poses help students improve their balance, develop body awareness, gain flexibility and strength, and improve coordination. Students gain these skills and have fun doing it! Remember, yoga is a practice that takes time and repeated repetition to gain skills. Use these yoga cards with students individually, in small groups, and for whole class activities. Besides using yoga within a classroom, yoga can be used for team building, to help prepare for a sports game, included in a club activity, or to just calm a child down at the end of a long day.

Implementation Tips

Classroom Management Strategies: When introducing a new routine with your students, it is important to define the expectations clearly. Teachers might ask themselves: What time of day will we do these yoga poses? How many poses will we do? Who will lead the class? What do the students do when they are done? What happens when students don't follow directions or get silly? Other considerations include preparing the room and asking, "Is there enough room for my students to safely and efficiently do these yoga poses?" Other strategies include starting small, using a step-by-step approach, using basic visual and auditory cues, providing time limits, repeating the movements as needed, and being firm. Try and hold each pose for three to five breaths.

Classroom Transition Time: The overall transition time will decrease as students practice the yoga cards. The "silliness" that may occur initially will subside, and the new movements will become a natural classroom routine. Effective strategies to reduce transition time include practicing the movements ahead of time and establishing a solid routine that is well-understood by the students.

Tips for Unmotivated Students: Build on student strengths and set high expectations. Develop a safe and secure classroom environment where all students are supported. Avoid power struggles, use rewards carefully, and encourage cooperation.

Tips for Hyper-motivated Students: Introduce the movements observantly and repeat directions frequently. Respond immediately to broken class rules by providing relevant feedback and stating consequences regularly. Be consistent and fair. Avoid giving extra attention to "silly" behavior and keep the class moving.

Safety Tips: Student safety is the highest priority when moving within the room, even if the activity is near a student's desk. Teachers might ask themselves: What rules must I enforce to maintain a safe environment for my students? How can I allow my students to move around my classroom and still keep classroom items from being broken or damaged? What items in the classroom are breakable? What items in the classroom are sharp or tripping hazards?

24 YOGA POSES



How to use these yoga cards:

24 Yoga Pose Cards are designed to be fun and interactive cards that can be used for a variety of activities and games. Each card has the name of the pose, a picture of the pose, and a description of the movements needed to create the pose. Print, cut, and laminate the cards for repeated use in games and activities.

Ways to introduce and practice yoga poses:

- 1) **Introduce a "Yoga Pose of the Day."** Set aside a specific time each day to explain, model, and then practice each movement. Start with the first yoga pose in the deck, have a designated student pick a card, or mix it up!
- 2) **Designate a "Student Mover" of the day.** Have this student choose the yoga pose(s) to be used that day. This designated student can lead the class in the yoga poses.
- 3) **Play "Yoga Charades."** Place yoga cards into a container. Have students choose a card from the container (without letting their peers see it) and pantomime the pose. See if other students can name the yoga pose. Practice the yoga pose as a group.
- 4) **Play "Describe the Yoga Pose" game.** Place yoga cards into a container. Have students choose a card from the container (without letting their peers see it) and describe the yoga pose verbally without using words in the yoga pose's name, rhyming words, or gestures. Practice the exercise as a group.
- 5) **I Do, You Do:** Have students partner up and take two cards. Have the pair practice each yoga pose.
- 6) **Add music.** Provide soothing, rhythmic music to the exercises. When the music stops, that is the signal that yoga is done, and students need to return to their seats.
- 7) **Create yoga stations.** Within your classroom, post yoga cards in different locations. Direct 1 or 2 students to a station at designated times and complete the poses. Change out yoga cards periodically.
- 8) **Post several yoga poses in your classroom's calming corner or break area.** Students can reference the list and complete the poses on their own.

24 YOGA POSE CARDS



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MINDFUL BREATHING

Sit on the floor or in your chair.

Close your eyes (if you feel comfortable). Place your hand on your belly and the other hand on your heart. Notice how your breath feels. As you breathe in, notice your lungs filling with air. Feel the air filling up in your stomach. As you breathe out, slow your breath, making it long and slow. Keep your attention on your long, relaxed breaths. Practice mindful breathing by taking 3 to 5 slow, deep breaths.

ACTIVITY IDEAS:

- 1) **Introduce a "Yoga Pose of the Day."** Set aside a specific time each day to explain, model, and then practice each movement. Start with the first yoga pose in the deck or designate a student.
- 2) **Designate a "Student Mover" of the day.** Have this student choose the yoga pose(s) to be used that day. This designated student can lead the class in the yoga poses.
- 3) **Play "Yoga Charades"** Have students choose a card from the container (without letting their peers see it) and pantomime the pose. See if other students can name the yoga pose.

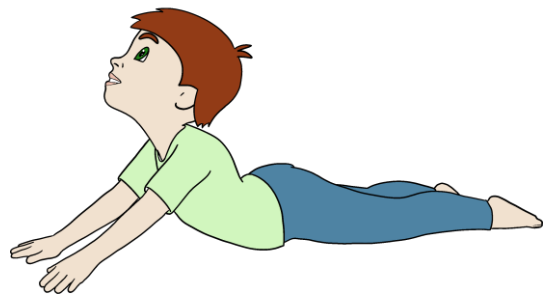
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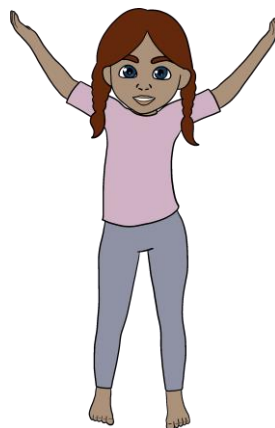
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COBRA POSE



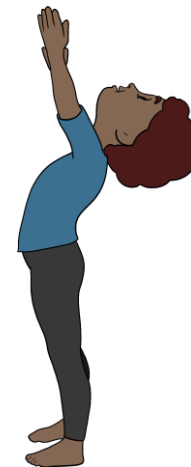
Lay on your stomach and push your chest up with your hands.
Look up to the sky.
Feel your back arch and stretch.
Take 3 to 5 slow, deep breaths.

MOUNTAIN POSE



Stand with your feet shoulder-width apart and your body straight and tall.
Reach both arms up and outward. Feel the stretch in your legs and arms.
Take 3 to 5 slow, deep breaths.

STANDING BACK BEND



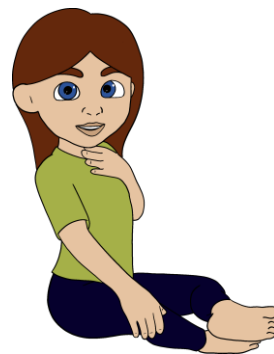
Stand tall with your feet about shoulder-width apart. Raise your arms toward the ceiling. Look up to the sky.
Feel the stretch in your back.
Take 3 to 5 slow, deep breaths.

STANDING HALF FORWARD BEND POSE



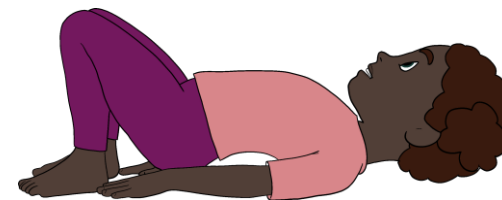
Stand in mountain pose with your feet shoulder-width apart. Bend over at the waist and place one hand on the floor for balance. With your other arm, slide it up and on your back, bending your elbow as you can.
Take 3 to 5 slow, deep breaths.

SITTING SPINAL TWIST POSE



Sit up with your knees positioned outward. Twist and look over your right shoulder. Reach across the body with your left hand to your right shoulder. Hold for 3 to 5 slow, deep breaths. Return to center, then complete on the left side.
Take 3 to 5 slow, deep breaths

BRIDGE POSE



Lay on your back with your knees bent and feet flat on the floor. Push into the floor with your feet while you raise your hips toward the ceiling. Clasp your hands under your body with your arms extended.
Take 3 to 5 slow, deep breaths

SEATED HERO POSE



Kneel and sit on your feet. Keep your back tall and straight. Raise both arms up and look to the sky. Take 3 to 5 slow, deep breaths.

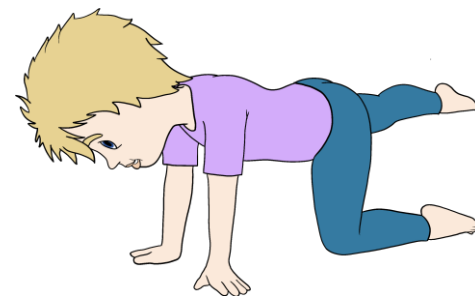
CAT / COW POSE



Place your hands and knees on the floor. Spread your fingers wide. Arch your spine to the ceiling. Let your head and neck loosen, looking down. Take 3 to 5 slow breaths. Next, lift your chest forward and look up.

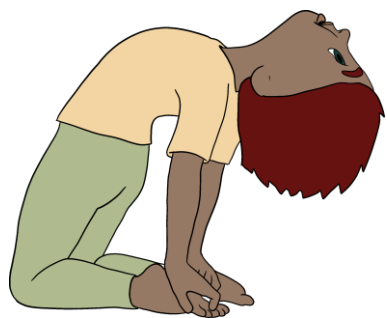
Let your belly drop down. Take 3 to 5 slow, deep breaths.

BIRD DOG POSE



Place your hands and knees on the floor. Keep your head straight and look towards the floor. Extend your right leg. Take 3 to 5 slow breaths. Put your right knee down and repeat with your left leg. Take 3 to 5 slow, deep breaths.

CAMEL POSE



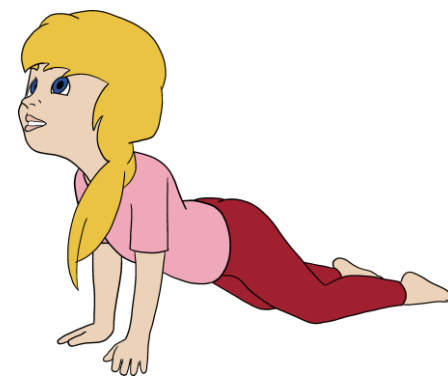
Kneel on the floor with your hips tall. Gently grab each ankle with your hands and arch your back. Look up to the sky. Feel the stretch in your back. Take 3 to 5 slow, deep breaths.

HALF LIFT POSE



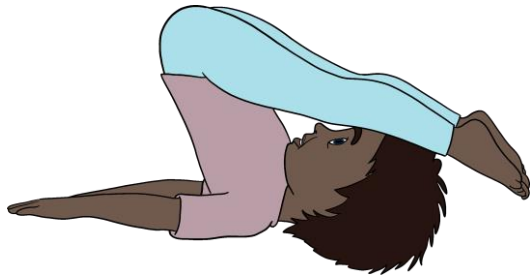
Stand tall with your legs apart. Bend over at your waist. Now, raise up so your back is flat and your hands are on the front of your shins. Take 3 to 5 slow, deep breaths.

MODIFIED PLANK POSE



Lay on your stomach. Firmly press your chest up with strong arms, keeping your back flat and straight. Support yourself on your knees. Take 3 to 5 slow, deep breaths.

PLOW POSE



Lay on your back with your hands at your side and your head on the floor. Press firmly with your hand and bring your hips and legs up and over your head, keeping your legs straight. Take 3 to 5 slow, deep breaths.

HALF CRESCENT LUNGE POSE



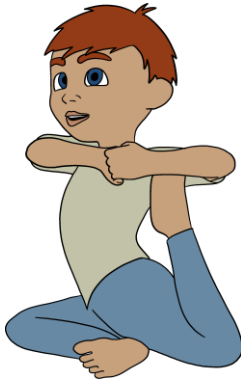
Stand with your feet astride – your left leg forward and your right leg behind. Keep both feet facing forward, lifting your back heel. Reach up with your left arm and down with your right. Look up to the sky. Take 3 to 5 slow, deep breaths.

HALF CAMEL POSE



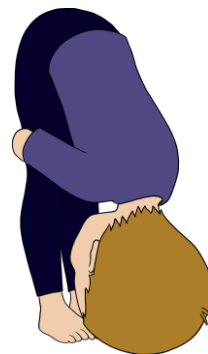
Kneel on the floor with your hips tall. Gently lean back and grab each ankle with your hands. Arch your back. Look up to the sky. Take 3 to 5 slow, deep breaths.

BENT KNEE PIGEON POSE



Sit with both knees bent, with your feet positioned toward your left side. Gently reach and position your left foot into your left elbow. Keep your elbows lifted. Repeat on the other side. Take 3 to 5 slow, deep breaths.

FORWARD FOLD POSE



Stand tall in mountain pose, with your legs straight and strong. Bend forward and reach around, grabbing the backs of your legs with both arms. Relax your back and head. Take 3 to 5 slow, deep breaths.

TREE POSE



Stand up straight and tall, feeling the stretch of your feet on the ground and your head toward the sky. Look at one spot in front of you. Gently lift one leg and place your foot above or below your knee. Take 3 to 5 slow, deep breaths.

EASY POSE



Sit cross-legged. Make the "OK" sign with your fingers then place hands on your knees with palm side up. Sit up with your chest high, lift the top of your head toward the ceiling with shoulders down and back straight. Take 3 to 5 slow, deep breaths.

DANCER'S POSE



Stand tall. Gently reach forward with your left hand while lifting your right leg. Reach back and grab your right foot with your right hand. Take 3 to 5 slow, deep breaths.

AIRPLANE POSE



Reach your arms out to the sides at shoulder height. Tip forward as you lift and point one foot behind you. Use your arms for balance at the side. Look up to the sky. Take 3 to 5 slow, deep breaths.

SEATED PRETZEL POSE



Sit with your legs crossed, with your left leg over your right. Move your feet close to your hips. Bring your arms up and place your left arm under the right as you move your arms up. Look straight ahead. Take 3 to 5 slow, deep breaths.

TRIANGLE POSE



Stand with legs wide apart. With one hand, reach toward your lower leg or floor. With the opposite hand reach toward the ceiling. Look up toward your lifted hand. Take 3 to 5 slow, deep breaths.

WARRIOR 1 POSE



Stand with your feet astride – your right leg forward and your left leg behind, in line with the front leg. Keep both feet facing forward, lifting your back heel. Reach up with both hand, placing your palms together. Look up to the sky. Take 3 to 5 slow, deep breaths.

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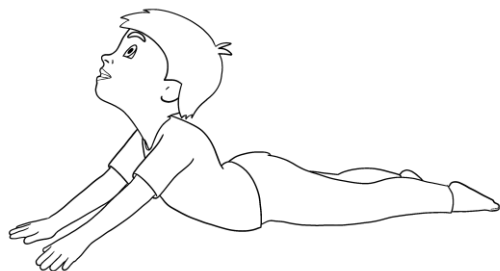
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COBRA POSE



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MOUNTAIN POSE



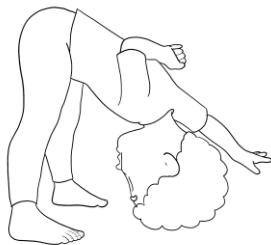
Stand with your feet shoulder-width apart and your body straight and tall.
Reach both arms up and outward. Feel the stretch in your legs and arms.
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STANDING BACK BEND



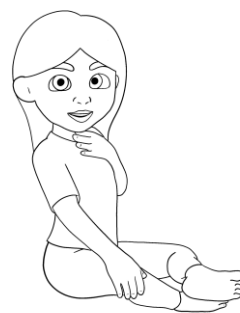
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STANDING HALF FORWARD BEND POSE



Stand in mountain pose with your feet shoulder-width apart. Bend over at the waist and place one hand on the floor for balance. With your other arm, slide it up and on your back, bending your elbow as you can.
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SITTING SPINAL TWIST POSE



Sit up with your knees positioned outward. Twist and look over your right shoulder. Reach across the body with your left hand to your right shoulder. Hold for 3 to 5 slow deep breaths. Return to center, then complete on the left side.
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Lay on your back with your knees bent and feet flat on the floor. Push into the floor with your feet while you raise your hips toward the ceiling. Clasp your hands under your body with arms extended.
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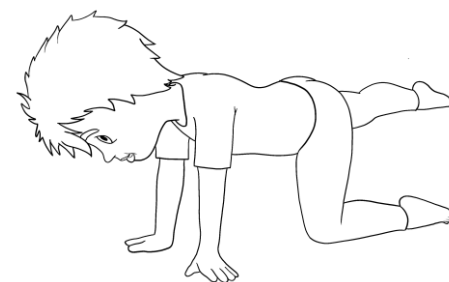
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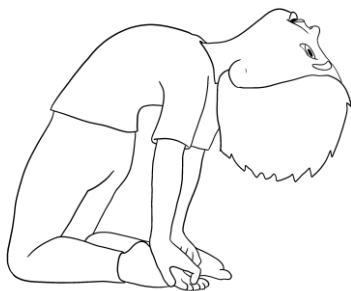
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CAMEL POSE



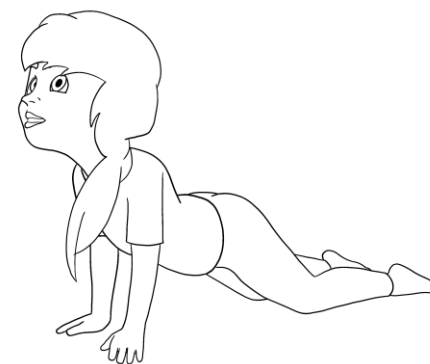
Kneel on the floor with your hips tall. Gently grab each ankle with your hands and arch your back. Look up to the sky. Feel the stretch in your back. Take 3 to 5 slow, deep breaths.

HALF LIFT POSE



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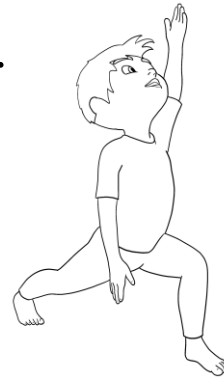
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PLOW POSE



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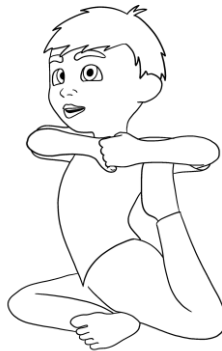
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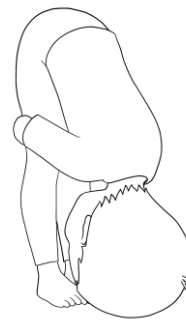
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FORWARD FOLD POSE



Stand tall in mountain pose, with your legs straight and strong. Bend forward and reach around, grabbing the backs of your legs with both arms. Relax your back and head. Take 3 to 5 slow, deep breaths.

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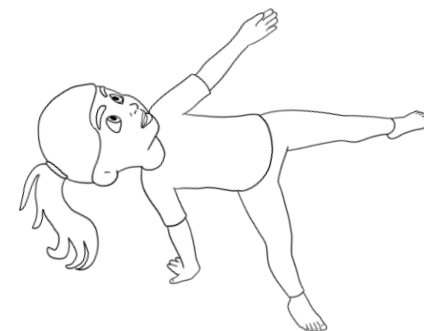
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DANCER’S POSE



Stand tall. Gently reach forward with your left hand while lifting your right leg. Reach back and grab your right foot with your right hand. Take 3 to 5 slow, deep breaths.

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ABOUT POSITIVELY MOXIE


Molly (a junior high school counselor and former elementary school teacher) and Jill (a school-based occupational therapist) have teamed up to empower teachers, counselors, therapists, and parents who want to teach young people the skills needed to better coach their brains for greater flourishing.

We are influenced by the science of positive psychology, counseling techniques, self-regulation, cognitive behavioral therapy, sensory processing, executive functioning, and brain science! We understand our students and youth need as many “tools” in their toolbox as we can give them.

Molly and Jill are passionate about creating relevant, high quality, and actionable resources to address well-being and resilience skills for students!




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