

## MINDFUL MOVEMENT!

### Create Your Own Yoga Flow!

Movement is so important, especially when you may be stuck inside all day! A fun and easy way to get your children moving is by allowing them to create their own yoga poses based on their favourite book!

First have your child choose a book.

Make sure to have some space in your home so your child can move freely. We recommend playing instrumental music in the background to create a calm environment (youtube has a wide selection).

Next start reading the book your child has chosen, and after each page stop and ask your child:

How can we be the (character or object on page) using our bodies.

Allow your child to use their imagination to become the characters or objects on each page!

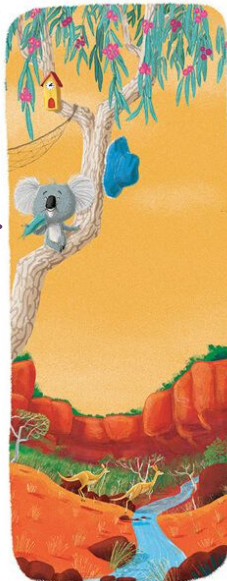
Ask them to create a new name for each yoga pose they create !

I am a tree!

Example using the book:  
The Koala Who Could  
By: Rachel Bright

I am the moon!

I am a  
Koala!



I am a river!

I am a Mountain!