

## Animal Poses Yoga

Yoga helps kids relax, relieve stress and anxiety, sleep better, improve emotional regulation, increase empathy, and improve mood and affect. Try these fun poses with your kids at home!

# ZOO YOGA



**I am an elephant.**  
WIDE-LEGGED STANDING FORWARD BEND



**I am a crocodile.**  
PLANK POSE



**I am a bear.**  
DOWNWARD-FACING DOG POSE



**I am a tiger.**  
CAT POSE



**I am a hippo.**  
CHILD'S POSE

© Kids Yoga Stories.

## Zoo Animals Yoga

# PRINTABLE POSTER

# SUPERHERO YOGA



**I am brave.**

**WARRIOR 1 POSE**



**I am strong.**

**WARRIOR 2 POSE**



**I am peaceful.**

**PEACFUL WARRIOR POSE**



**I am kind.**

**WARRIOR 3 POSE**



**I am a superhero!**

**HALF MOON POSE**

# OCEAN YOGA



**I am a jellyfish.**  
STANDING FORWARD BEND



**I am a shark.**  
LOCUST POSE



**I am a dolphin.**  
DOLPHIN POSE



**I am a crab.**  
TABLE TOP POSE



**I am a turtle.**  
TORTOISE POSE

© Kids Yoga Stories.

<https://www.kidsyogastories.com/zoo-animals-yoga/>

<https://www.yogiapproved.com/yoga/benefits-yoga-for-kids/>