

5 Zoo Yoga Poses For Kids

ELEPHANT - WIDE-LEGGED STANDING FORWARD BEND

From standing, step your feet hip-width apart, bend your upper body, clasp your hands together, and sway your arms like the trunk of an elephant.



CROCODILE - PLANK POSE

Come down to a plank on your hands and toes like a crocodile.



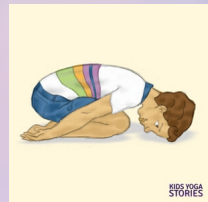
BEAR - BEAR WALK OR DOWNWARD-FACING DOG POSE

Come back to hands and feet in an upside-down V shape then walk like a bear.



TIGER - CAT POSE

Come down to all fours, tuck your chin into your chest, and round your back like a tiger.



HIPPO - CHILD'S POSE

Come to sitting back on your heels, slowly bring your forehead down to rest in front of your knees, rest your arms down alongside your body, and take a few deep breaths. Pretend you are a hippo resting in the water.

