

Kids Yoga and Mindfulness practice challenges - Week 1

Colour or tick the challenges as you complete them this week 😊



<p>Make a 'gratitude list'. Write 5 things you are grateful for and ask a family member what they are grateful for too. Do you have any that are the same?</p>	<p>Meditate with the mantra "<i>Peace begins with me</i>". Sit in pretzel pose and touch each finger and thumb as you say the words. Can you make up your own mantra?</p>	<p>Practice relaxing and resting in your Secret Garden. Close your eyes..relax your whole body..what can you imagine in your secret garden? Can you draw or paint your secret garden, full of things that make you happy?</p>	<p>Practice your downward dog. Can you hold for 5 breaths? Can you try a 3 legged dog?</p>	<p>Think of 3 kind words to tell someone in your family.</p>
<p>Practice boat pose. Can you make a pirate ship, rowing boat or a canoe?</p>	<p>Do 10 star jumps as big and high as you can. After feel your heartbeat and take three long breaths.</p>	<p>Sit somewhere outside (garden or balcony) or by the window. Close your eyes and listen to all the sounds. Can you write down what you can hear?</p>	<p>Tree pose challenge! See how long you can do the tree pose, can you beat your score on the other side?</p>	<p>Practice butterfly pose. Flap your 'wings' and imagine you're a butterfly! Where would you fly?</p>
<p>Dragon breaths! Hold your hand in front of your face, take a deep breath in through your nose, when you breathe out whisper the word 'hah'..how does it feel on your hand?</p>	<p>Try to do 5 yoga poses in a row without stopping. See how many combinations you can make up!</p>	<p>Nature breaths! Breathe in pretend you're smelling a flower... breathe out, pretend you're blowing a leaf. Repeat 3 times, how do you feel?</p>	<p>Crow challenge! Place two hands on the floor in front of you, touch your knees to your elbows, can you balance with one foot off the ground? Can you take both feet off and balance..?</p>	<p>Mindfulness 5-4-3-2-1. Notice or write down: 5 things you can see 4 things you can touch 3 things you can hear 2 things you can smell 1 thing you can taste</p>

