

Yoga Pose Cards for Children

Calm • Balance • Stretch

Student Details

Name:

Class:

Date:

Teacher:



Tree



Cat



Cow



Mountain

How to Use These Yoga Cards

What children will practice: Balance, flexibility, body awareness and calm breathing through simple yoga poses.

How to use:

1. Print and cut out the yoga pose cards.
2. Demonstrate the pose first.
3. Children hold the pose while breathing slowly.
4. Count to 3 or 5 together.
5. Rest and try the next pose.

Tips:

- Use a soft surface (mat or carpet).
- Keep sessions short and fun.
- These cards work well for calm-down time.
- Laminate for reuse.

Poses included:

- Tree, Cat, Cow, Mountain
- Downward Dog, Butterfly, Star, Child's Pose
- Extra pose cards

Yoga Pose Cards

C

Tree Pose

Stand on one foot
Arms up like branches

Hold the pose

Cat Pose

On hands and knees
Round your back

Hold the pose

Cow Pose

On hands and knees
Dip your back

Hold the pose

Mountain Pose

Stand tall
Feet together, arms up

Hold the pose

More Yoga Pose Cards

C

Downward Dog

Hands and feet on floor
Hips up high

Hold the pose

Butterfly Pose

Sit with feet together
Flap your knees

Hold the pose

Star Pose

Stand with arms and legs wide
Like a star

Hold the pose

Child's Pose

Kneel and sit back
Arms forward, rest

Hold the pose

Extra Yoga Pose Cards

Tree Pose

Balance on one foot

Hold the pose

Cat Pose

Round your back

Hold the pose

Star Pose

Arms and legs wide

Hold the pose

Child's Pose

Rest and breathe

Hold the pose

Mountain Pose

Stand tall and strong

Hold the pose

Butterfly Pose

Flap your knees

Hold the pose