

# Yoga Cards for Kids' Breaks

Activity Pack PRO

*Printable Poses · Themed Sets · Breathing Tools · Teacher-Ready*

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## **12 Kid-Friendly Yoga Poses with Instructions**

1. Mountain Pose - Stand tall, arms by your sides, take deep breaths.
2. Tree Pose - Balance on one leg, place other foot on inner thigh, hands together.
3. Downward Dog - Hands and feet on floor, body in an upside-down V shape.
4. Cobra Pose - Lie on stomach, press hands to floor, lift chest gently.
5. Cat-Cow - On all fours, alternate arching and dipping your back.
6. Child's Pose - Kneel, sit back on heels, stretch arms forward.
7. Warrior I - Lunge forward with arms overhead, back leg straight.
8. Butterfly Pose - Sit, bring feet together, gently flap knees up and down.
9. Seated Twist - Sit cross-legged, twist torso gently to one side.
10. Bridge Pose - Lie on back, lift hips while feet and shoulders stay grounded.
11. Star Pose - Stand with legs and arms wide, reach out.
12. Savasana - Lie on back, arms relaxed, close eyes and breathe.

## **Themed Pose Sets**

- \* Animal Adventure: Cat-Cow, Cobra, Butterfly, Downward Dog
- \* Weather Flow: Mountain, Tree, Star, Child's Pose
- \* Imagination Journey: Warrior, Seated Twist, Bridge, Savasana

## **Visual Cues for Breathing Techniques**

- \* Pinwheel Breathing - Blow slowly to make it spin.
- \* Five-Finger Breathing - Trace fingers with your breath.
- \* Balloon Breath - Hands on belly, inhale to inflate like a balloon.

## **After-Activity Reflection Prompts**

1. Which pose helped you feel the strongest?
2. Which pose was the most relaxing?
3. How did your body feel before and after the yoga session?
4. What pose would you teach a friend, and why?

## **Editable Pose Cards (Templates)**

Use the following blank templates to create your own yoga cards:

- Draw the pose in the box.
- Write a calming word or pose name below.
- Print and laminate for long-term use.

## Teacher Observation Record Sheet

Teacher Observation Record:

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Pose Accuracy:    ☐ Excellent   ☐ Good   ☐ Needs Practice

Breathing Technique: ☐ Calm & Controlled   ☐ Inconsistent

Participation:    ☐ Fully Engaged   ☐ Needs Encouragement

Reflection Shared: ☐ Verbally   ☐ Drawn   ☐ Not Yet



## **How to Use This Pack**

Suggested Use:

- Morning Activation: 2–3 poses for alertness
- Midday Reset: calming sequence of 3–5 poses
- Transition Times: pose + breathing cue

Recommended Age: 4–10 years

Time Needed: 3–10 minutes

## **Teacher Use License**

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