

# ZOO ANIMAL Yoga Cards

FOR KIDS



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## ZOO ANIMAL YOGA TIPS

- The zoo animal kids yoga poses in the index are specifically sequenced to invite flow from one pose to the next.
- Focus on having fun with movement, not on practicing perfectly aligned poses.
- Engage the children. Follow their passions and interests.
- Create authentic, meaningful experiences.
- Cater to their energy levels and different learning styles.
- Adjust the number of yoga poses depending on the time available and the ages, needs, and energy levels of the children.
- Be creative and enjoy yourselves—the kids will notice your enthusiasm.

# ZOO ANIMAL YOGA TIPS

(continued)

- Wear comfortable clothing and practice barefoot.
- Make safety a top priority—clear the space of obstacles and be safe with your bodies.
- Encourage the children to share their yoga experiences with their family and friends.
- Feel free to add your own zoo-themed songs, music, relaxation stories, or props.
- Make the Zoo Animals Yoga experience your own.
- These yoga cards are designed to be a guide and can be adapted to suit your needs.

# HOW TO PRACTICE THE YOGA POSES

(Alphabetical Order)

1. **Camel Pose:** Come to a kneeling position with your toes either curled under or flat on the ground. Lift your head, open your chest, squeeze your shoulders, and place your palms on your buttocks. Gently take your hips forward while shifting your shoulders back, slowly arching your back. If it's comfortable, take your hands to your heels and relax your head. Imagine being a **camel**.
2. **Cat Pose:** On all fours, round your back and tuck your chin into your chest. Pretend to be a **lemur**.
3. **Chair Pose:** Stand tall in Mountain Pose with your feet hip-width apart, bend your knees, and keep a straight spine. Hold your hands out in front of you and jump like a **kangaroo**.

# HOW TO PRACTICE THE YOGA POSES

(continued)

4. **Child's Pose:** Sit on your heels, slowly bring your forehead down to rest on the floor in front of your knees, rest your arms down alongside your body, and take a few deep breaths. Pretend to be a **warthog**.
5. **Cow Pose:** On all fours, look up, arch your back, and open your chest. Pretend to be a **hippo**.
6. **Downward-Facing Dog Pose:** Step back to your hands and feet in an upside-down V shape, with your buttocks up in the air, and pretend to be a **panda**.
7. **Extended Cat Pose:** Come to all fours, extend one leg out behind you, and look forward. Take the opposite arm out in front of you to counter balance. Pretend to be a **tiger**. Repeat on the other side.

# HOW TO PRACTICE THE YOGA POSES

(continued)

8. **Extended Mountain Pose:** Stand tall in Mountain Pose, look up, take your arms straight up to the sky, and touch your palms together. Pretend your arms are the long neck of a **giraffe**.
9. **Happy Baby Pose:** Lie on your back with your chin tucked in, hug your knees into your chest, then grab the outer parts of each foot—right foot in right hand and left foot in left hand. Pretend to be a **sloth**.
10. **Hero Pose:** Come to rest upright on your heels with your palms resting on your knees. Pretend to be a **peacock** with its feathers spread out.
11. **Kneeling Pose:** Kneel on your knees, open your chest, take your arms down alongside your body, and pretend to be a **meerkat**.

# HOW TO PRACTICE THE YOGA POSES

(continued)

- 12. Mountain Pose:** Stand tall with your legs hip-width apart and feet facing forward. Take your arms straight alongside your body and waddle like a **penguin**.
- 13. Pigeon Pose:** From an all-fours position, bring your right knee to rest behind your right hand, angling your right foot slightly inward, and imagine being a **sun bear**. Repeat on the other side.
- 14. Plank Pose:** From Downward-Facing Dog Pose, come forward to balance on your palms and on your bent toes in a plank position. Keep your arms straight and your back long and flat. Pretend to be a **crocodile**.

# HOW TO PRACTICE THE YOGA POSES

(continued)

- 15. Seated Twist:** Start by sitting cross-legged, bend your right knee, and place your right foot behind your left knee. Check that your spine is straight and your right foot is flat on the ground. Twist your upper body to the right. Take your left elbow to your right knee and your right hand back behind you. Pretend to be a **deer**. Repeat on the other side.
- 16. Squat Pose:** Come down to a squat with your knees apart and your feet flat on the ground. Imagine being a **gorilla**.
- 17. Tortoise Pose:** Sit on your buttocks with your knees bent and your feet flat on the floor. Then take your feet out wide and be sure you are sitting with a tall, straight spine. Slide your

# HOW TO PRACTICE THE YOGA POSES

(continued)

arms under your knees and place your hands flat on the floor outside your legs. Bend forward, keeping your back and neck straight. Pretend to be a **tortoise** poking its head out of the shell.

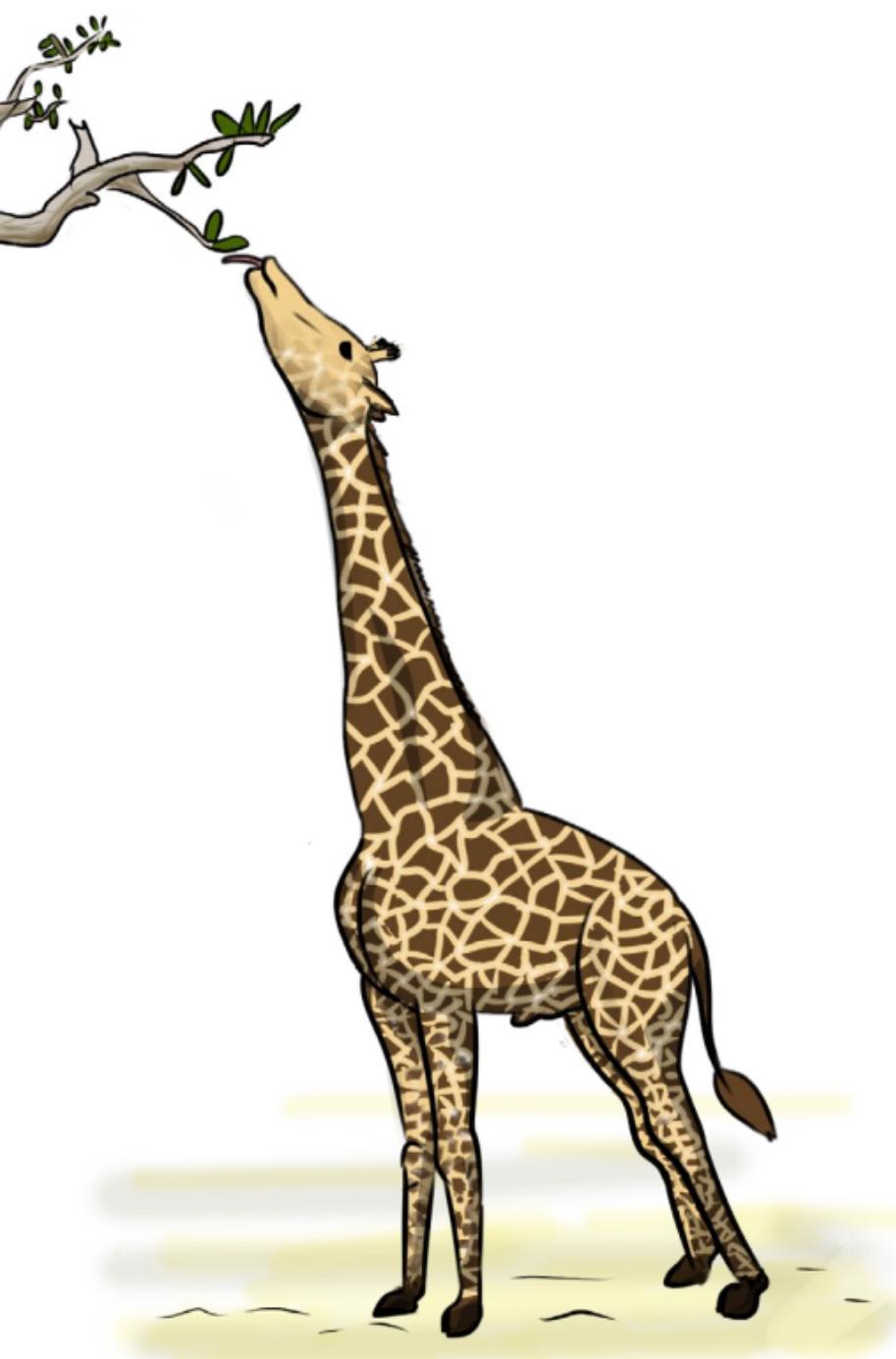
18. **Triangle Forward Bend:** Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Take your right foot back, keeping your ankle bent at a thirty-degree angle. Place your hands on your hips, ensuring that your back is flat and that you are looking straight ahead. Then slowly bend forward as if your hips are a hinge, keeping a flat back and a long neck. Lastly, bring your hands to your shins, ankles, or the ground, depending on what feels comfortable, all the while checking

# HOW TO PRACTICE THE YOGA POSES

(continued)

that your spine is straight. Pretend to be a **zebra**. Repeat on the other side.

- 19. Tree Pose:** Stand on one leg. Bend the knee of the leg you are not standing on, place the sole of your foot on the opposite inner thigh or calf (just not on your knee), and balance. Imagine being a **flamingo** standing on one foot. Switch sides and repeat the steps.
- 20. Wide-Legged Forward Bend:** Stand tall with legs hip-width apart, feet facing forward, and straighten your arms alongside your body. Step your feet out wide, bend your upper body, clasp your hands together, and pretend to be an **elephant**.



# Giraffe



# Extended Mountain Pose



# Penguin



# Mountain Pose



# Zebra



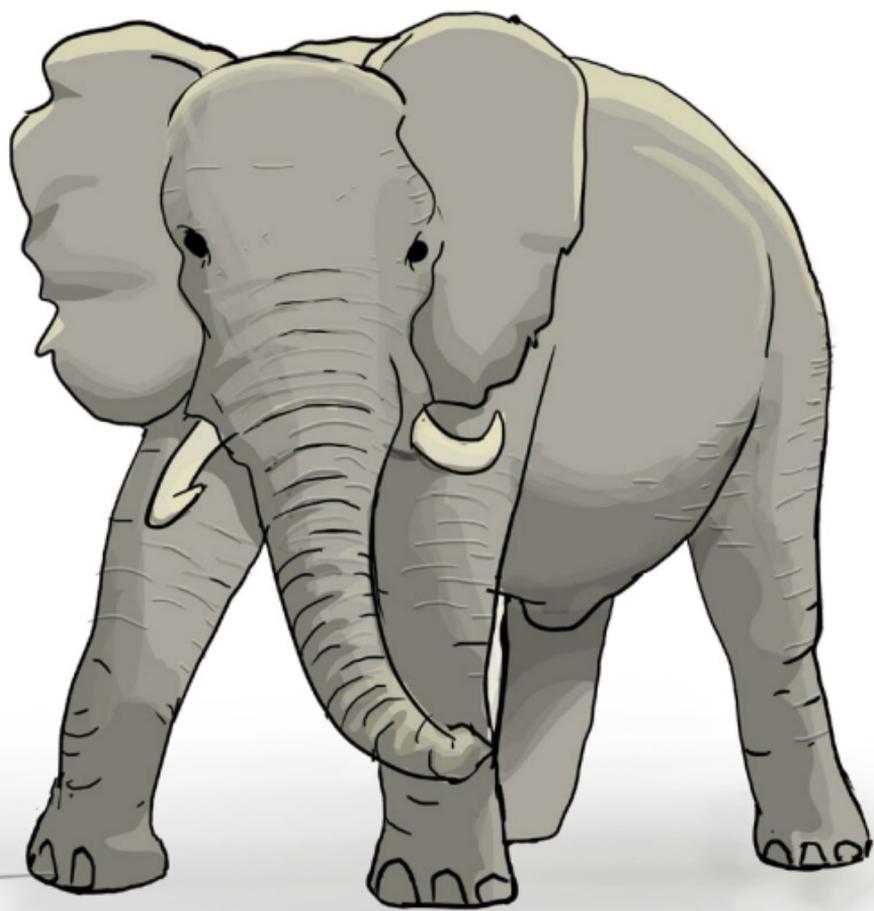
# Triangle Forward Bend



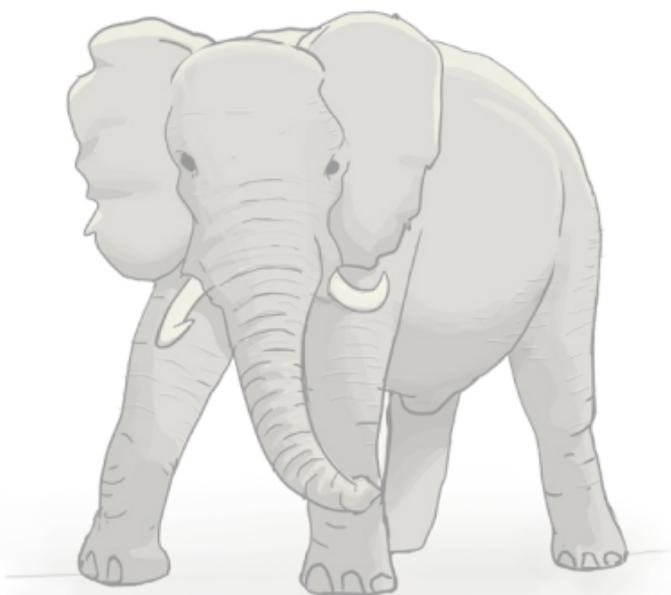
# Flamingo



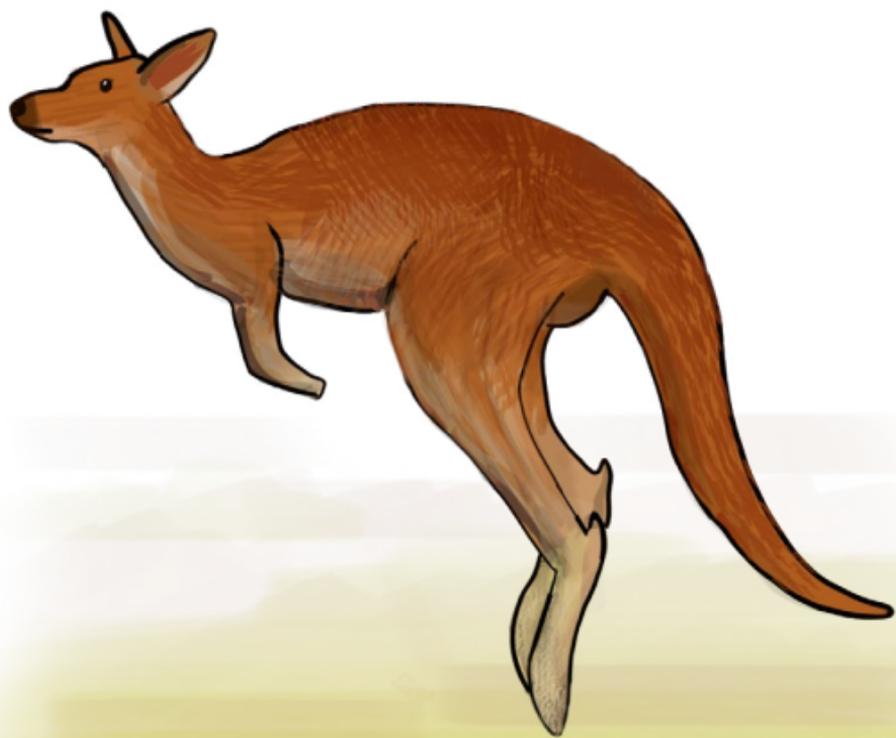
# Tree Pose



**Elephant**



# Wide-Legged Forward Bend



# Kangaroo



# Chair Pose



# Gorilla



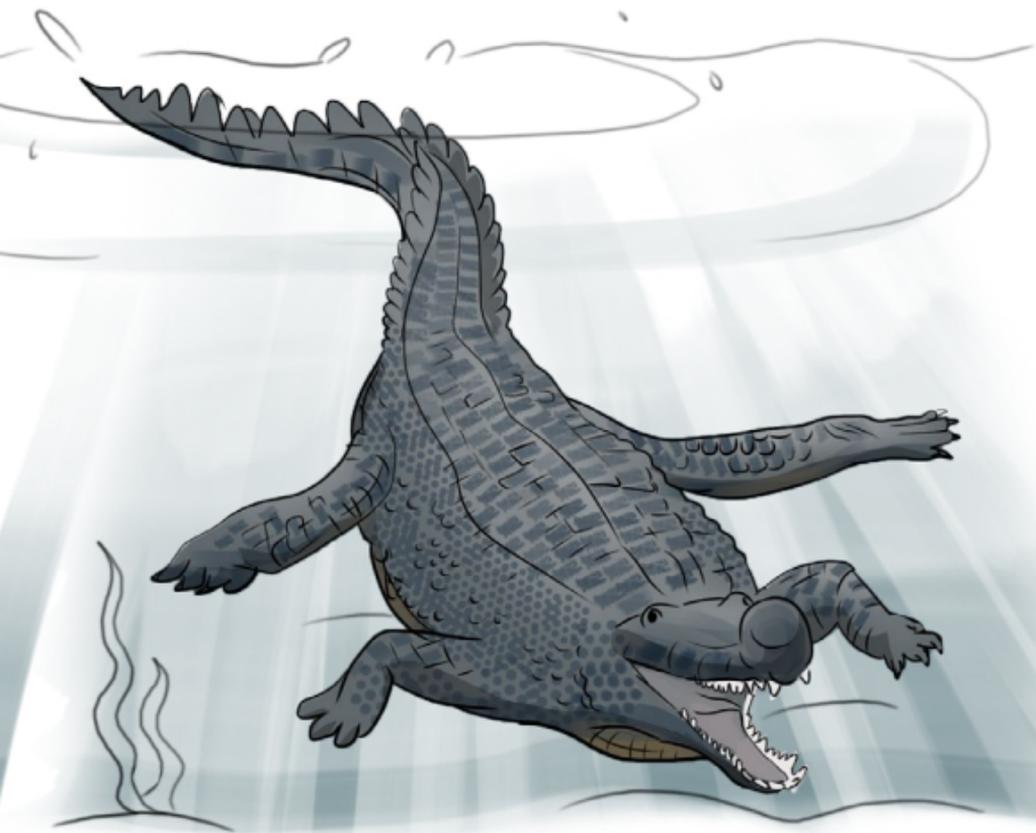
# Squat Pose



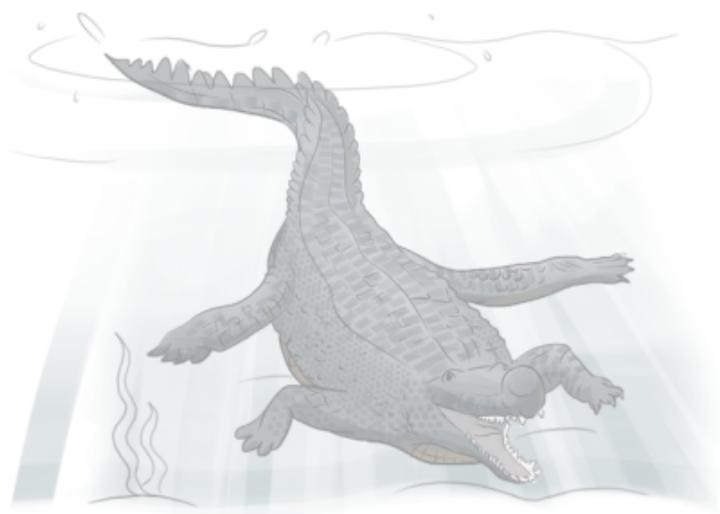
# Panda



# Downward-Facing Dog Pose



# Crocodile



# Plank Pose



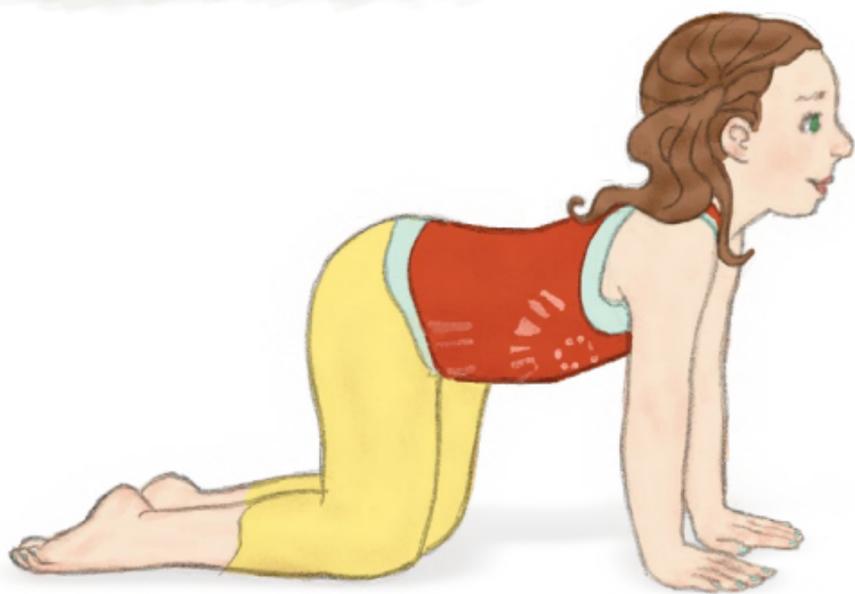
# Lemur



# Cat Pose



**Hippo**



# Cow Pose



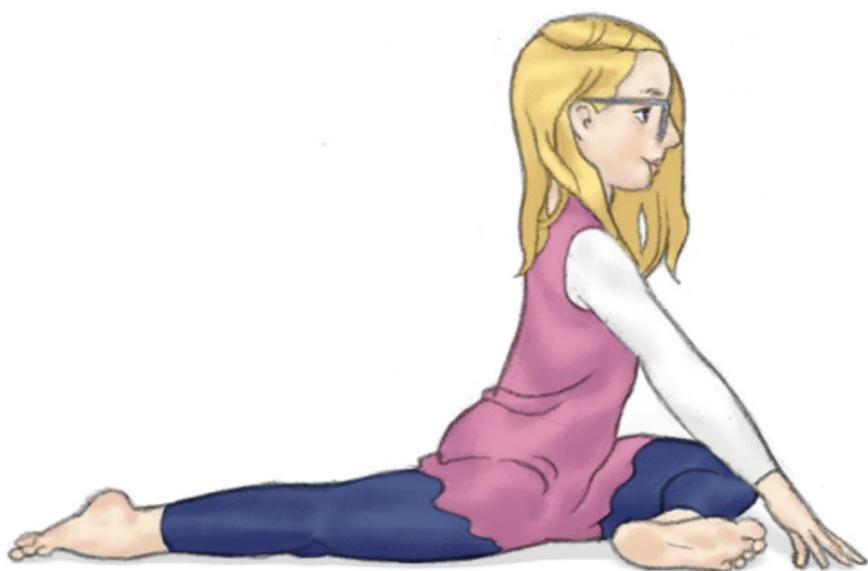
# Tiger



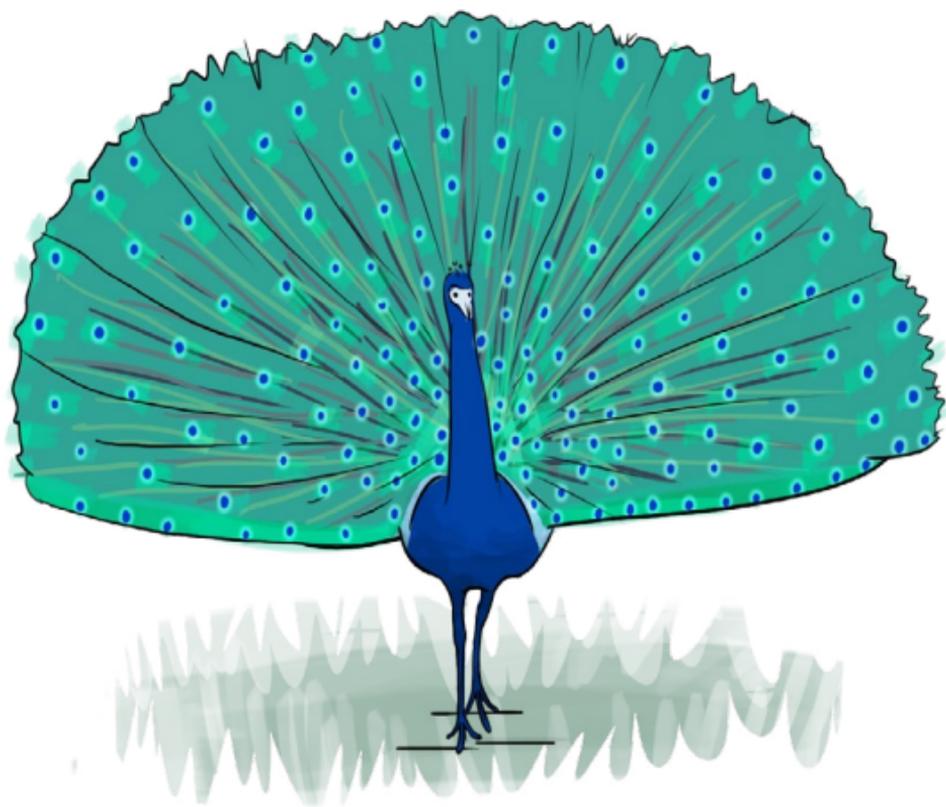
# Extended Cat Pose



# Sun Bear



# Pigeon Pose



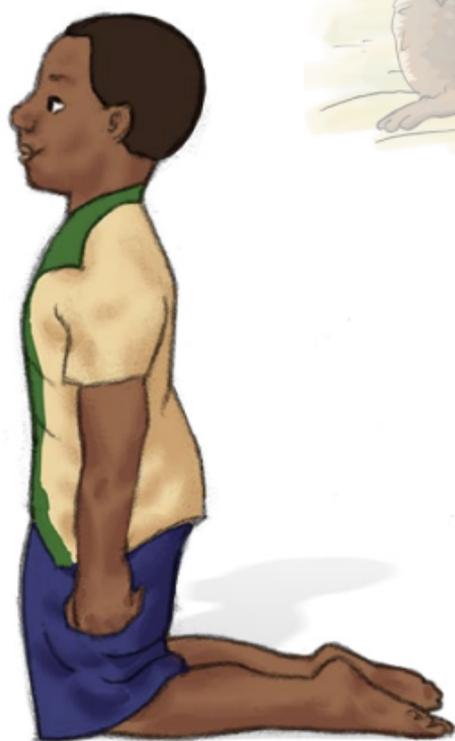
# Peacock



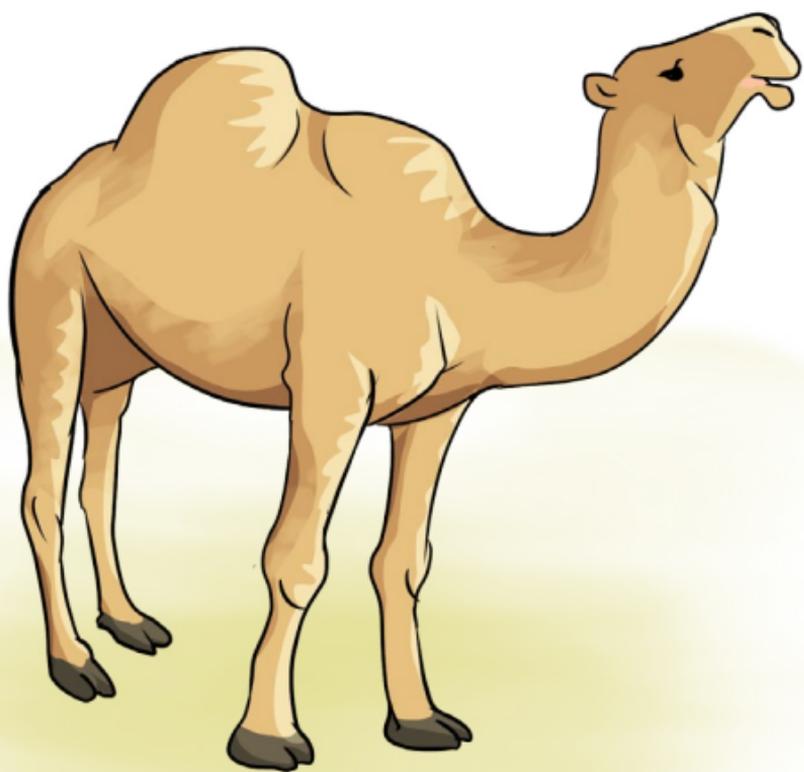
# Hero Pose



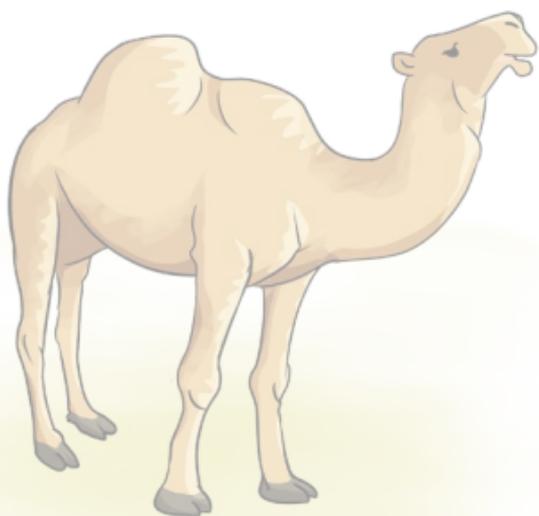
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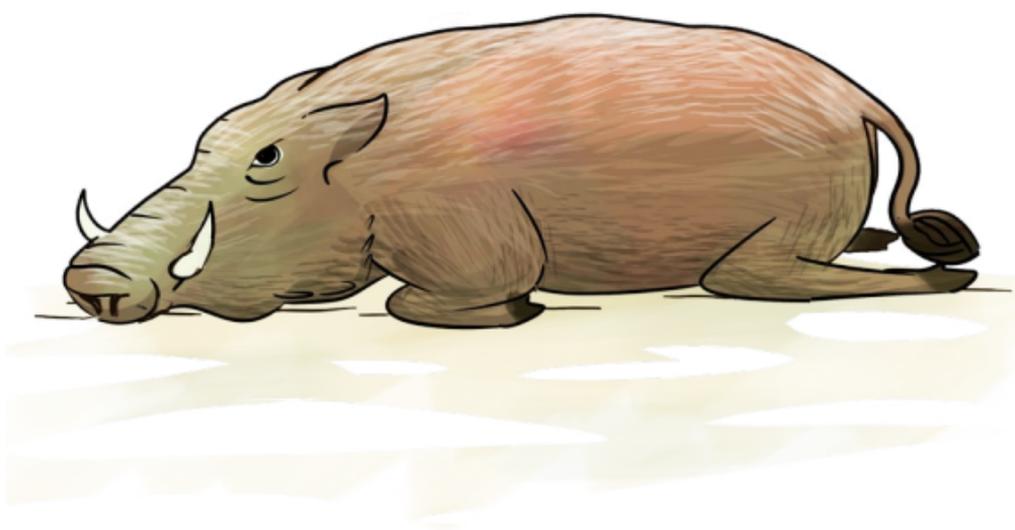
# Kneeling Pose



Camel



# Camel Pose



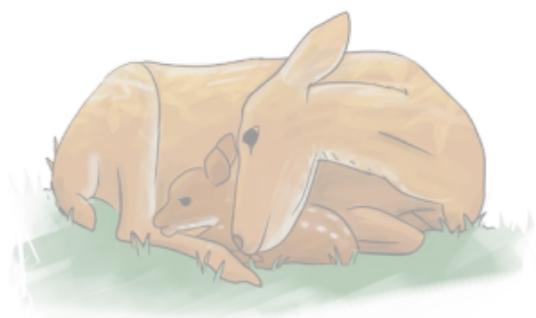
# Warthog



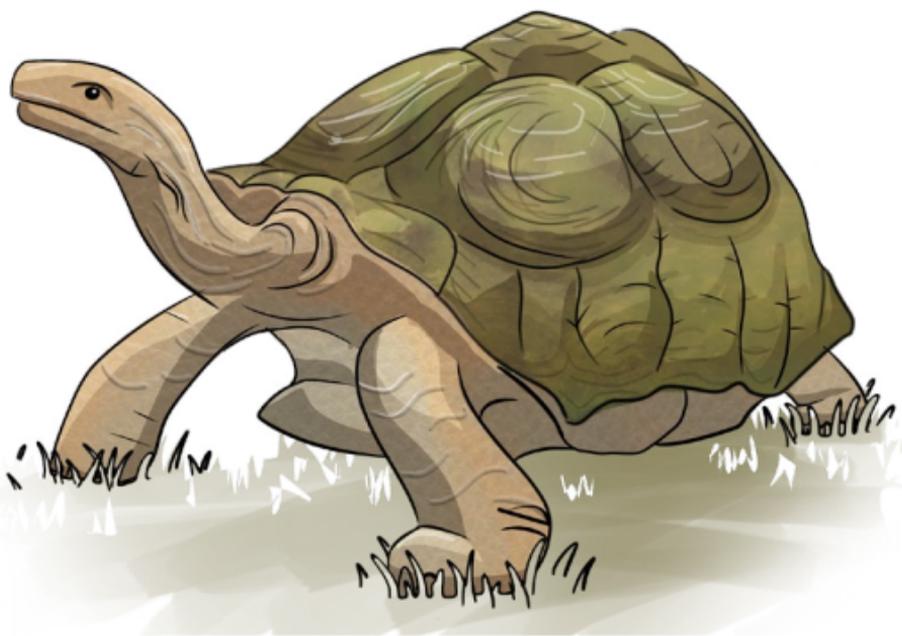
# Child's Pose



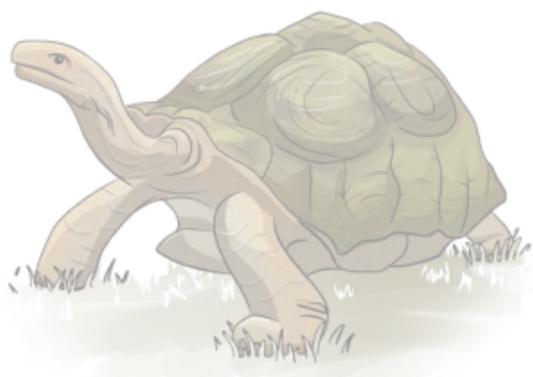
# Deer



# Seated Twist



# Tortoise



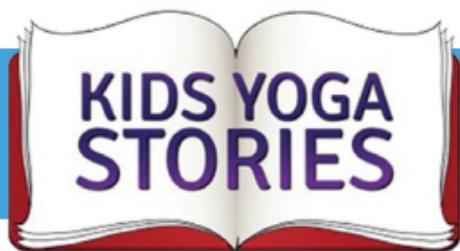
# Tortoise Pose



# Sloth



# Happy Baby Pose



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[giselle@kidsyogastories.com](mailto:giselle@kidsyogastories.com)

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