



A Yoga Routine For Waking & Stretching



Yoga is a fantastic way to get the day started as it helps to stretch the muscles and get the circulation moving. This sequence includes several poses that help your child to bear weight in their hands. These help to boost the development of the fine motor skills your child needs to hold a crayon, button up clothes and use a zipper. So here are a few ideas you can incorporate into your morning routine.



Table Pose: Start on your hands and knees with your palms shoulder-distance apart and your knees and feet hip-distance apart. Keep your back flat like a table.

Crawling Table Pose: From table pose, place a soft toy on your child's back, directly above the belly. Ask your child to crawl and keep the toy on his/her back. When it falls off, you take turns to crawl around with the soft toy on your pack. (Crawling stimulates left-right brain activity).



Cat Pose: Kneel on the floor on all fours. Arch your back like a cat and make some meowing noises!

Cow Pose: Kneel on the floor on all fours. Raise your head up and sink your back down into a deep curve.



Dog Pose: Hands and feet on the floor with buttocks in the air (the shape of an upside-down triangle).

Lunge: From dog pose, step one foot forwards between your hands and stay there for a few moments. Go back into dog pose and then repeat on the other side.



Cobra Pose: Lie on your stomach, feet together, palms on the floor. Raise your head and shoulders and look up. We like to hiss!

Repeat this sequence of moves two to three times.

Child's Pose: Sit on your heels, with your arms at your side. Lean forward, head to floor.



Now you could sing "If You're Happy and You Know It Clap Your Hands" or another song that your child loves to get the day off to a great start.



Come up to sitting in a simple crossed legged position with your hands on your knees and your eyes closed. Imagine that you are lying in the garden. The sun is shining and butterflies are dancing on the beautiful, brightly coloured flowers. You look up and see a Magician standing in front of you. You start to smile. The Magician casts a magic spell and tells you what a lovely, happy day you have ahead.

I AM HAPPY!

