

Rainbow Kids Yoga ABC Cards

Instructions and pose benefits

A – Alien; Stand with your legs together and then place both hands down on the floor, lift your hips towards the sky, bring one hand to touch your knee. Keep your legs and your hands extended as much as possible to make yourself into an A. This Alien is stretching his hamstrings and with practice will have the strongest arms in the galaxy.

B – Butterfly; Stand on one foot, place the other foot on your standing knee. On the same side, place your hand on your hip, then open out your bent arm and leg like a the wings of a big beautiful butterfly. When you get tired, change hand and leg. Practicing Butterflies is excellent for our Balance and focus.

C – Chameleon; Stand firmly on both legs, stretch up to the sky to extend your arms and your whole body. Reach behind you with your arms and slowly bend backwards to create a C shape. Cheeky Chameleons have flexible spines and big open chests.

D – Dragon; Kneel down and put your hands on your bottom in your imaginary jeans pocket, slowly drop your head back, push your hips forward and create the first part of your D. If you can, reach back with your arms to hold your ankles, push your hips forward to complete your D, or stay where you are comfortable. Because Dragons breath a lot of fire this pose helps improve your breathing, and it also helps to open your back and shoulder blades which can become quite stiff from lots of flying.

E – Elephant; Sit down with both legs extended in front of you. With one hand, stretch forward and on the same side hold your foot and draw your knee up to your belly. Extend your other hand up and forward into a beautiful elephant trunk. This makes the letter E. After holding their huge and graceful stature all day, elephants like to do this pose to stretch their hamstrings and bring mobility into their hips.

F – Flamingo; Stand tall on one leg, then lift the other leg up high in front of you, raise both your arms so that they are parallel to the floor above your leg to make a fancy F. Flamingoes have incredible core strength and finely tuned balancing skills from standing on one leg all day long. Don't forget to switch legs!

G – Giraffe; Balance on your bottom, bend your knees slightly and lift your feet off the floor, extend your arms towards the sky and then round your arms to reach for some leaves to nibble on while you curve into a G shape. Giraffes get to practice their balancing skills and improve on their core strength while tasting different leaves in the jungle.

H- Hippopotamus; Stand with both feet stuck in the mud directly below your hips. Bend forward so that you are parallel to the floor, bring your hands behind you and stretch up towards the sky. Take a big breath of fresh air. Hippos can weigh up to four tones and be four meters' long, they will have very strong abdominals and back muscles from practicing this huge H.

I – Ibis; Stand on your feet, keep your strong Ibis legs together and your webbed feet on the ground. Can you go up on your tippy toes, stretch your wings up straight and tall, and reach to the sky to create a very tall I?

J – Jellyfish; Kneel on the floor and lift your tentacle arms towards the sky, slowly lift your feet up as you balance on your knees, to create your J. If your jellyfish body is wobbling too much, keep your feet flexed as you tuck your toes in. It is very tricky for a jellyfish to stay still; this pose helps to develop fine balancing skills.

K- Kangaroo; Standing on one foot, bring your other leg forward and place your front heel on the floor, bring your hands together in front of you palm to palm and bring your elbows to your belly. This Kicking Kangaroo is Kind of fun!

L- Larva; Sitting on your bottom with both legs together, extend your legs forward and stretch your hands up to the sky. This little Larva has a lot of growing to do, extend your spine to help him become strong and long.

M- Mermaid; Sit down on the floor and place your mermaid hands behind your back. Bring your tail-like legs together and bend your knees slightly to create your M for Mermaid. Flutter your eyelids and relax in this pretty pose.

N – Nymph; Lie down on the forest floor on your back. Bend your knees and place your feet on the floor, push your feet into the ground and lift your hips up. Now for the final touch, raise your arms up to the sky to make the letter N. Naughty Nymphs will have strong legs and arms, and super flexible spines to run, jump, tumble and play all day!

O – Oyster; Lie down on your soft oyster belly, reach back with your hands and hold your feet or ankles. Now use your hands to pull your legs and lift them up high. This pose opens your chest and shoulder blades and keeps your spine flexible, it also creates your Oyster shell that protects your precious pearl and makes the letter O.

P- Panda; Stand on one panda leg and extend the other leg forward and up in front of you. Rounding your back, stretch your arms forward and hold your foot, to create the letter P. The panda pose strengthens the ankles, knees, calves and quads, and gently opens the hips

Q- Quail; Sitting on your royal bottom, bend your knees and place both feet on the floor, extend one leg up, then round your back and take hold of the extended foot

with both hands. This little bird gets to stretch her back and her legs while forming the letter Q.

R- Rabbit; Stand up on your furry hind legs, then step forward with one leg and round your body and arms. Touch your front knee with your paws, like you are ready to burrow into your den in the shape of the letter R. Our rabbits will have flexible spines to make them agile and swift, and this pose gently stretches their hamstrings after a big day of hopping.

S- Seahorse; Kneel on the bottom of the ocean, bring your hips forward, tummy in and shoulders back. Extend your arms up high and curve your hands forward to create the letter S. Seahorses use their tail to anchor themselves to seaweed to stay still. This pose will make their spine more supple and their tummy stronger to make this job easier.

T- Tiger; Stand with both legs together and extend your arms to the side to create the letter T. Tigers will improve their stability and stillness. These qualities are very important when crouching, hiding and pouncing in the jungle.

U – Unicorn; Lie down softly on your back on a cloud. This unicorn is upside down! We are going to strengthen our arms, legs and tummy muscles for some cloud jumping. Put your legs together and lift them straight up. Now use your abdominal muscles to lift your arms, your upper back and shoulders off the floor, tucking in to create a U.

V- Vampire; Balancing on your bottom, lift your arms and legs up into the air. Try and keep them as long, straight and as sharp as a vampire's tooth while you create the letter V. Gradually, with practice, the vampire's core and limbs will become so strong that nothing will be able to topple him over.

W- Wasp; Kneel down, and place the top of your head on the floor in front of you. Interlock your fingers behind your back and stretch them up as far as you can over your shoulders. For the final touch, lift your feet up and stay balanced in the letter W. When wasps are ready to strike in this pose, the blood goes to their head and improves their memory and their vision.

X – X-ray fish; Stand with your legs apart, then fold forward to look between your legs and bring your hands behind you. Lift them to the sky to create an X. This pose lengthens the hamstrings, extends and strengthens the spine, massages the belly and calms the nervous system.

Y- Yeti; Stand with your legs together and raise your hands toward the sky, spread them apart a little and make a scary face, now You are Y for Yeti. By practicing this pose, the Yetis improve their posture and body awareness.

Z - Zebra; Kneel and bring your hands in front of you parallel to the floor, slowly lean back keeping your body straight and your arms stretched out, this makes a Z. By doing this pose, all the zebras strengthen their neck, back and leg muscles.