# YOGA CARDS - FLOWS - SLIDES

Build self regulation skills with simple mindfulness practices.









Simple movements that teach self-regulation skills.

Multiple formats: Add them to a keyring or project them on your smartboard.

Clear instructions for each pose. No experience is needed!

Yoga improves focus, memory, self-esteem, academic performance, and classroom behavior and reduces anxiety and stress .



# 20 Unique Poses

# Detailed illustrations and instructions.





**6 Yoga Flows** 

Easy step by step flows with 3-4 poses, instructions and visuals.





# **Detailed Instructions**

Simple and clear instructions for each pose and flow.

# **Helpful Visuals**

Illustrations to show each pose.





### **Multiple Formats**

BUTTERFLY

BRIDGE

breaths in and out.

BUTTERFLY

**COLOR OR BW** 

MANIAN

F

WARRIOR 1

DOWNWARD DOG

Oms of your feet toget

Swn, just like a - If it teels good, thy all to stretch your back

RUTTERFLY

TOFF

standing with your feet together. Take a big

eping your leg straight.

your arms by your

**CARD SIZE** 

06

00

© Social Emotional Workshop

**Social Emotional** 

Workshop

Lie on your back with your knees bent and feet

flat on the floor. Place your arms beside your body with your palms flat on the floor. Squeeze

your tummy muscles and gently lift your hips

fowards the ceiling. Keep lifting until your body makes a straight line from your shoulders to your knees, just like a bridge! Take a few deep

Start by sitting comfortably with your back straight. Bring the bottoms of your feet together. Let your knees fall out to the sides. Gently

bounce your knees up and down, just like a

butterfly flapping its wings. If it feels good. try

FROG

TIME AND

## **GOOGLE SLIDES** FOR DISPLAY



into the floor and lift your hips up high. Make your body look like a table! Try to keep your tummy stretched and look up to the ceiling.



### DETAILS



#### Color and blackline



Use with whole groups, small groups, or with individual students



Google Slides for Display





## You might like

#### MINDFULNESS EXERCISES

### MINDFULNESS EXERCISES



35 scripts & worksheets

### Buy and save

#### SELF REGULATION TOOLS

#### SELF REGULATION CLASSROOM TOOLS



Social Emotional

# Hi! I'm Laura

I create research-driven, uncomplicated tools and resources designed to build students' social and emotional skills in counseling or the classroom.

During ten years as a school psychologist, I wore all the hats - but the one I never took off was supporting my colleagues.

Whether you're a first-year counselor or a seasoned teacher, I want you to have the tools you need to support each student.

Visit <u>my blog</u> for more ideas and <u>subscribe</u> for exclusive resources!

contact: support@socialemotionalworkshop.com



Social Emotional



