

YOGA POSES

CARDS, POSTERS, & FLOWS

Create a calm space
and teach self
regulation skills
students love.

MOON

Stand up tall.

Raise your arms toward
the sky.

Move them slightly behind
your head and clasp
your hands together.

Bend over to the left. Breathe.



What you'll love

Simple movements that teach self-regulation skills.



Multiple formats: Add them to a keyring, post them on the wall, and 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 .

36 Unique Poses

detailed illustrations and instructions

KNEELING

SITTING

FLOOR

STANDING

OWL

Sit up on your knees.

Raise your arms in a V and relax your wrists.

Move your arms up and down slowly like an owl.

Breathe in and out.



TURTLE

Sit up tall, bend your legs, and place the soles of your feet together.

Then, bring your arms down on the side of your knees and place your palms on the floor.

Breathe.

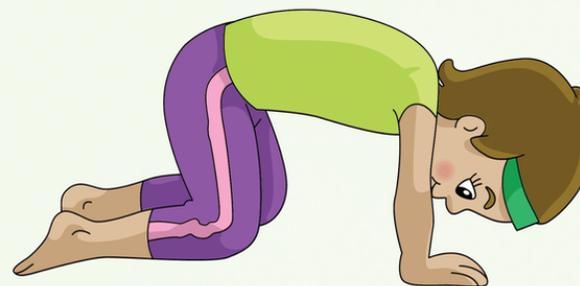


CAT

Get down on your hands and knees.

Pull your stomach in like you are trying to bring your belly button to meet your back.

Tuck your chin to your chest.



BIRD

While standing, put your arms out behind you and slowly push them together like you are flapping like a bird.

If you can, stand on the tips of your toes and try to balance.



8 Yoga Flows

Easy step by step flows with 4 poses, instructions, and illustrated poster

FLOW 1: KNEELING, OWL, GIRAFFE, DRAGON

-Kneeling-

Sit back on your heels. Rest your hands on your knees. Let's take a few deep breaths.

-Owl-

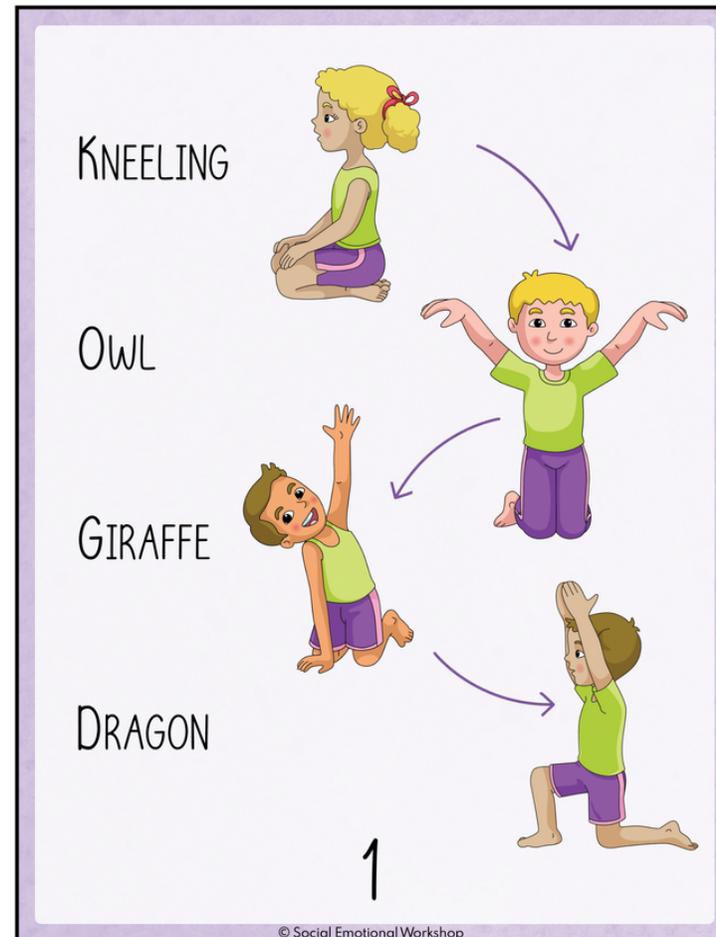
Now, sit up on your knees. Slowly raise your arms in a V shape and relax your wrists. Move your arms up and down slowly like an owl. Take a deep breath in and out.

-Giraffe-

Rest your hands on the ground. Take the other hand and reach it up towards your raised hand. You are as tall as a giraffe. Take a deep breath in and out.

-Dragon-

Bring your hands down by your side and stay on your knees. Bring your hands over your head. You are going to stand up. Bring your hands over your head. Breathe out like you are a dragon breathing fire.



Detailed Instructions

Simple and clear instructions for each pose and flow.

Helpful Visuals

Illustrations that show poses accurately.

HOUSE

Sit up tall and cross your legs.

Bring your hands above your head and put your palms together.

Relax and breathe.



Multiple Formats

PAGE SIZE

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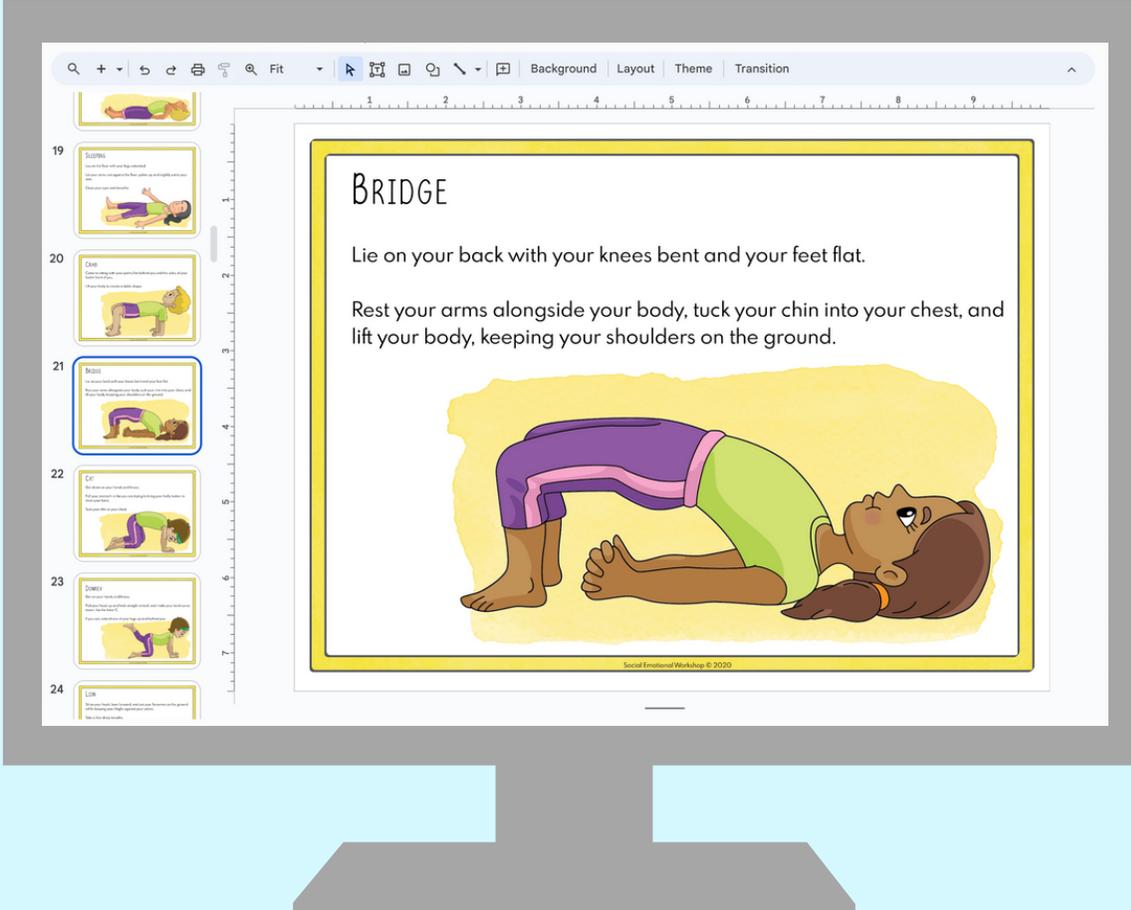
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CARD SIZE

<p>MOUSE</p> <p>Sit on your heels, lean forward, and put your forearms on the ground while keeping your thighs against your calves. Bring your arms down along your side with palms up. Take a few deep breaths.</p> 	<p>UPWARD DOG</p> <p>Lay on your stomach on the ground. Bring your palms flat on the ground next to your chest. Push your upper body off the ground, keeping your thighs flat on the floor. Bring your shoulders back.</p> 
<p>COBRA</p> <p>Lay flat on the ground. Bring your palms flat on the floor next to your chest. Push your upper body and legs off the ground. Bring your shoulders back. Only your toes and palms should be touching.</p> 	<p>SHARK</p> <p>Lay on your stomach with your head against the floor. Bring your arms behind you and clasp your hands together. All at once, raise your lower legs and head off the floor with your hands clasped together.</p> 

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GOOGLE SLIDES



BRIDGE

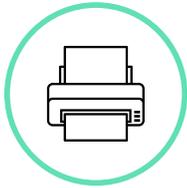
Lie on your back with your knees bent and your feet flat.

Rest your arms alongside your body, tuck your chin into your chest, and lift your body, keeping your shoulders on the ground.



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DETAILS



Color and blackline



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



Google Slides version

MOUSE

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UPWARD DOG

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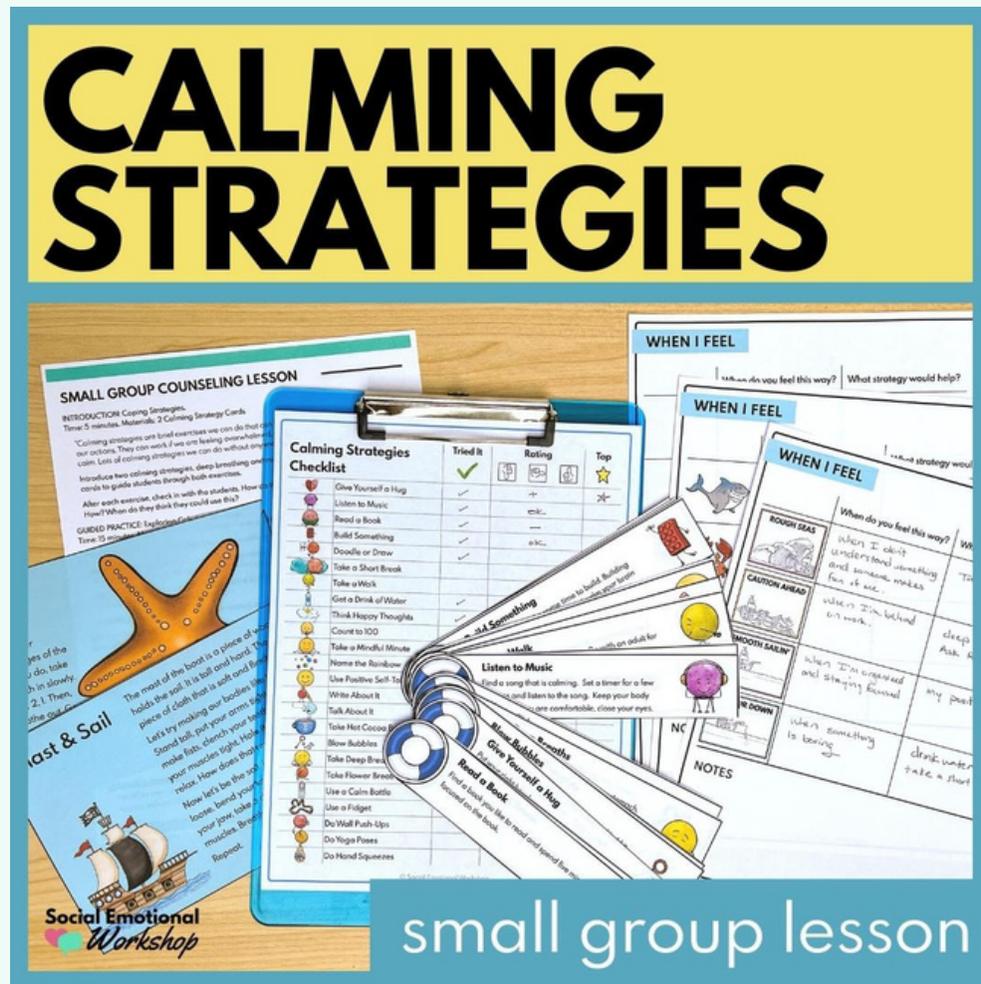


SHARK

Lay on your stomach with your head against the floor. Bring your arms behind you and clasp your hands together. All at once, raise your lower legs and head off the floor with your hands clasped together.



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Calming Strategies Lesson



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Self Regulation Tools



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 [my blog](#) for more ideas and [subscribe](#) for exclusive resources!

contact: support@socialemotionalworkshop.com

