**Earth Day Yoga for Kids**

**EARTH DAY BREATHING**

**Flower Breathing:** You will need a real flower for this activity. Begin sitting in a comfortable cross-legged position.  On your inhale smell the flower.  On your exhale thank the trees, the plants and the animals for sharing this beautiful earth with you.  Continue passing the flower around the circle until everyone has had a chance to smell the flower and give thanks to the earth.

**EARTH DAY POSES**

**Mountain Pose:** Stand straight with your feet together or slightly apart. Place your arms by your side. Picture yourself as a solid, stable and strong mountain.

**Tree Pose:** Begin by standing in Mountain pose. Shift your weight over to your right foot while lifting your left foot off the floor. Bend your left knee, bringing the sole of your left foot high onto your inner right thigh (it helps to focus on something that does not move to help keep your balance.) Now, reach your arms up in the air as if they are branches on a tree. Repeat on the opposite side. If you are swaying, imagine it is a windy day and you are a tree swaying in the wind!

**Butterfly Pose:** Begin in a seated position. Bend your knees bringing the soles of your feet together and letting your knees fall away from each other. Keep your spine long and strongly press the outer edges of your feet together. Flap your wings and fly somewhere beautiful!

**Flower Pose:** Begin in Butterfly pose. Raise your feet and legs off the floor and balance on your bottom. Bring both arms under and through your legs. Ask kids which type of flower they are! You can also incorporate breathing by asking kids to take a deep breath and smell their flower.

**Waterfall Pose:** Begin in Mountain pose. Slowly begin to bend forward. Imagine that your spine is a beautiful waterfall cascading down over your legs. Allow your head to hang as you rest in the pose. You can sway your arms side-to-side as if the waterfall is flowing into a brook below you.