

Cozy Winter Yoga

This gentle winter-themed yoga experience supports pre-schoolers in building body awareness, balance, and emotional regulation. Through simple poses connected to winter imagery, children explore calming movement and breathing. Perfect for cold-weather days when indoor activities help keep bodies and minds settled but also great to bundle up and take outdoors too!

What you need:

- Open floor space or small mats
- Calm or nature-themed music (optional)
- A soft scarf or piece of fabric for “snowflake breathing”/ “winter wind sway” (optional)
- If heading outside, dress for the weather and find an open space

What to do (Indoors):

1. Gather everyone in a circle and talk about the activity for example: “Today we’re going to move like winter animals and snowflakes. These movements help our bodies feel warm, cozy, and calm.”
2. Take one slow breath together. “Let’s breathe in... and blow out like we’re blowing soft snow.”
3. Winter yoga pose ideas with prompts:

Snowflake Stretch - Stand with feet apart. Reach arms up high. Slowly float arms down like a drifting snowflake.

“Reach up, up, up... now float down gently like a snowflake falling from the sky.”

Little Snowman - Squat low with hands on knees. Slowly stand up and “melt” back down again. “Let’s be tiny snowmen... can you melt to the ground as the sun comes out?”

Hibernating Bear – Sit or kneel. Curl your body into a small ball and take one slow breath. “Bears sleep in the winter. Let’s curl up tight like a sleepy bear.”

Winter Wind Sway – Stand with feet planted then sway gently side to side. Lift arms like branches in the breeze.

“The wind blows softly—sway like the trees in winter”

4. Do a cool down by having the children lie or sit comfortably and with soft music playing and explain we are resting our bodies to feel the warmth and have a cozy moment.

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What to do Outdoors:

- 1.If the weather is safe and comfortable, this activity can easily move outdoors for a fun winter experience! Keep the session short (3-5 minutes) to maintain warmth and comfort.
- 2.Choose a flat, safe area (packed snow or a cleared spot).
- 3.Children can wear full winter gear—snow pants actually help with stability!
- 4.Outdoor yoga poses with prompts:

Snowflake Spins - Have children stand with arms out and slowly spin once or twice. Encourage slow, gentle movements to avoid slipping.
"Spin slowly like a snowflake twirling in the air!"

Penguin Walks – Children keep arms at their sides and take small waddling steps.
"Let's waddle like penguins on the snow!"

Snow Angel Pose – Children lie on their backs and gently move arms and legs wide and in.
"Let's lie down and make big, soft snow angels with our arms and legs!"

Build-a-Snowman Stretch – Pretend to pack snow into a big snowman body. Children first squat low, pat the snow and pretend to roll the bottom. Then pick up the "ball" and reach high to add on to the top
"Crouch low pat the snow and roll into a big snowball...now reach high with your snowball to make your snowman tall."

- 5.Outdoor cool-down – listen to winter. Gather the children for a brief moment of quiet.
"Let's listen...what winter sounds do you hear? Crunching snow? The wind?"



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