

Yoga for Kids: A Walk Through the Garden

This garden themed yoga for kids sequence is a fabulous way to celebrate the changing seasons, being out in nature or Earth Day.

“Frogs!”

“Butterflies!”

“Caterpillars!”

My daughter’s preschool classmates were all eager to answer after I asked them what we might see in a garden. I visited their classroom recently to read my garden yoga book as part of their study of the garden and nature. The teachers have done a fantastic job of integrating science, language arts, art, music, and math into their garden studies. They’ve done some wonderful activities, including:

- Created a large group garden mural
- Planted lima beans indoors to watch the beans sprout
- Discussed small creatures that live in and around the garden
- Learned to identify the parts of a flower
- Read garden-themed books
- Talked about what plants need to grow
- Planted a garden in their playground

It is also simple to use movement to teach your children about the garden. Children are born to move. They need to move to learn, be active, and have fun! This garden themed yoga for kids sequence can easily be used at home or school.

To get started, clear a space so the children can move around safely, without bumping into any obstacles. Have your little gardeners wear comfy clothes perfect for gardening. They could practice on a yoga mat—or on a towel if you’re on a non-slip surface—pretending the mat is their garden. Explain that you’re going on a pretend walk through the garden and remind them to bring their creativity and imaginations! Follow along with the five garden yoga poses below. Don’t worry about practicing the perfect yoga postures. Just give it a go and have fun!

<https://childhood101.com/yoga-for-kids-a-walk-through-the-garden/>

GARDEN YOGA FOR KIDS



Pretend to be a tree

Tree Pose: Stand on one leg. Bend the other knee and place the sole of your foot on your inner thigh. Sway like a tree in the breeze. Now the other side.



Pretend to be a frog

Squat Pose: Come down to a squat with your knees apart and arms resting between your knees. Touch your hands to the ground. Jump like a frog.



Pretend to be a seed

Child's Pose: Sit back on your heels and bring your forehead down to rest on the floor. Pretend to be a seed in the garden.



Pretend to be a butterfly

Cobbler's Pose: Sit on your buttocks with a tall spine. Bend your legs with the soles of your feet together. Flap your legs like the wings of a butterfly.



Pretend to be a flower

Flower Pose: Lift your bent legs, balancing on your sitting bones. Weave your arms under your legs, palms up. Pretend to be a flower in bloom.



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