

# Yogga

## Complete Bundle



One-Stop  
Counseling Shop

# Yoga for Kids Complete Bundle

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Looking for all of the yoga for kids products in my store in one place? Look no further! Instead of individually having to sort through products and add them to your cart, just purchase this single bundle (and at a discount!) You'll also receive several items that you can't get anywhere else!

This bundle contains several different activities you can use to help teach kid-friendly yoga poses. They are a great resource for mindfulness time, calm down corners, brain breaks, physical education classes, or any time you want your students to improve their strength, flexibility, and focus.

Includes the following:

Yoga for Kids Posters

Yoga for Kids Bingo Game

Yoga for Kids Coloring Pages

Yoga for Kids Sequences

Yoga for Kids Mini Cards



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Also  
Check  
Out:



Anger Complete Bundle (K-2)

Bullying Complete Bundle

Social Skills Complete Bundle (K-2)

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Enjoy!



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These awesome creators help make my products possible!



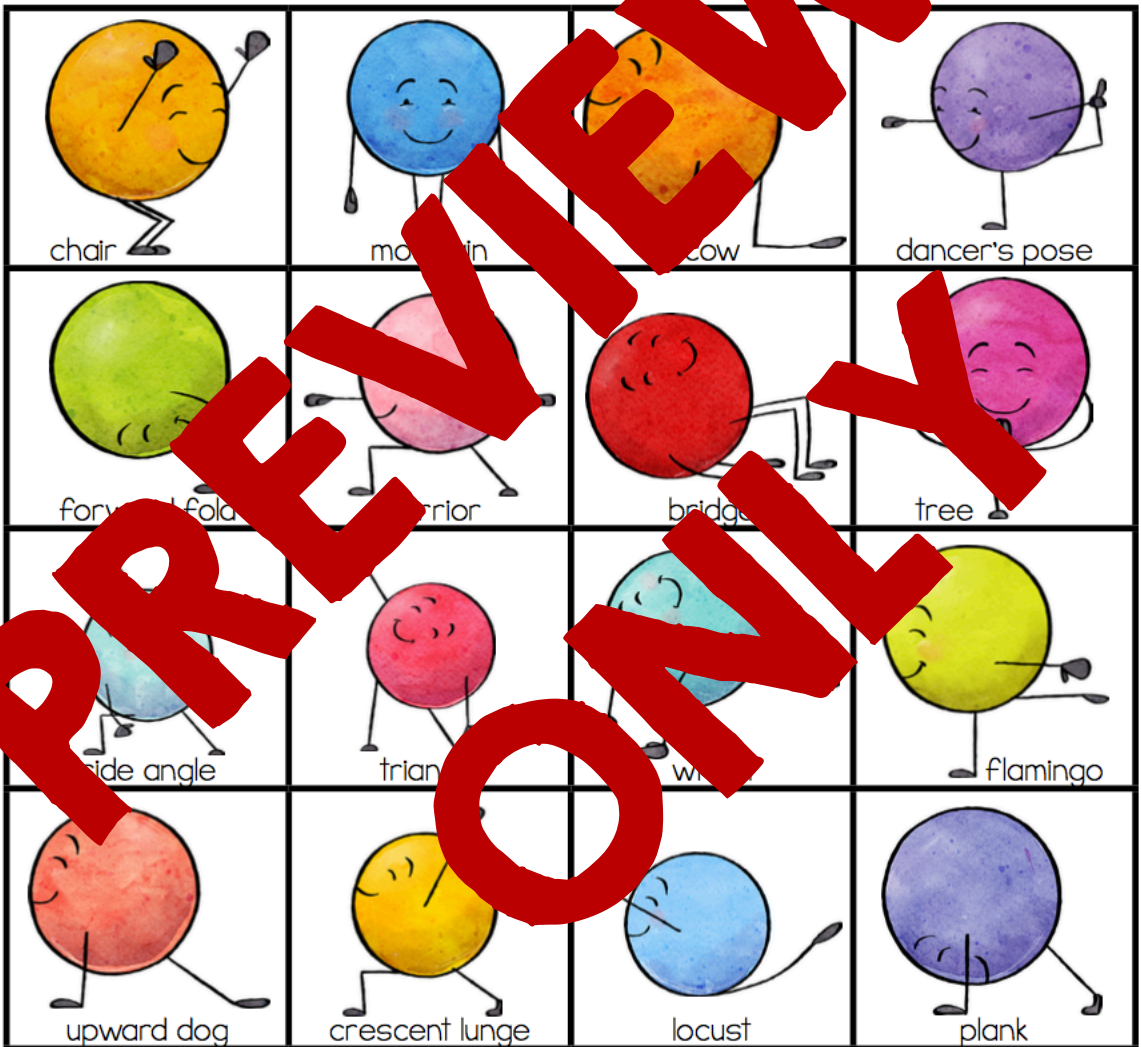
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# YOGA BINGO



# CALLER CARDS



crescent lunge



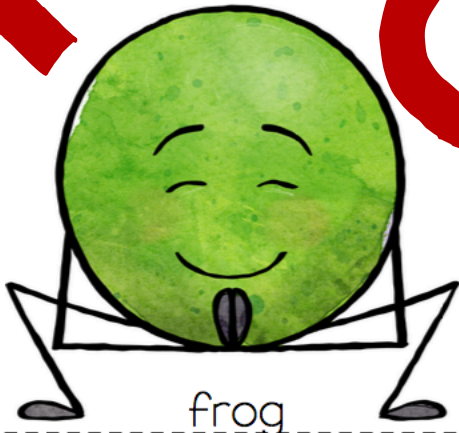
downward dog



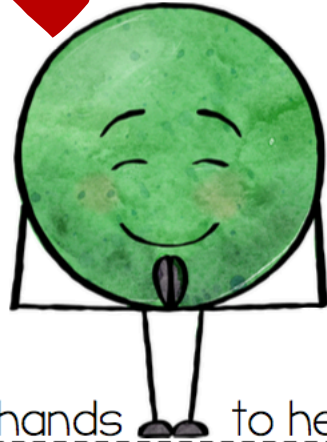
flamingo



forward fold



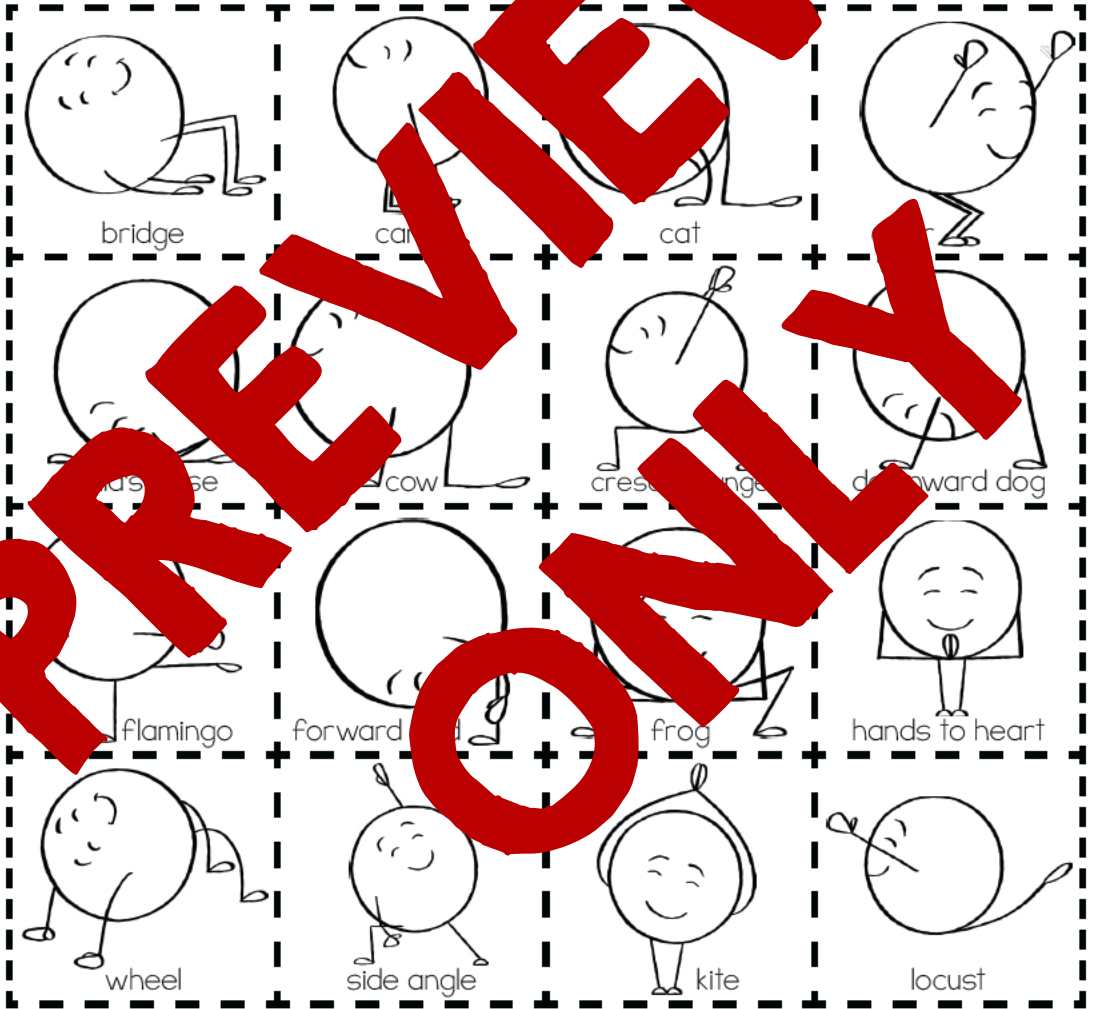
frog



hands to heart

# GAME PIECES

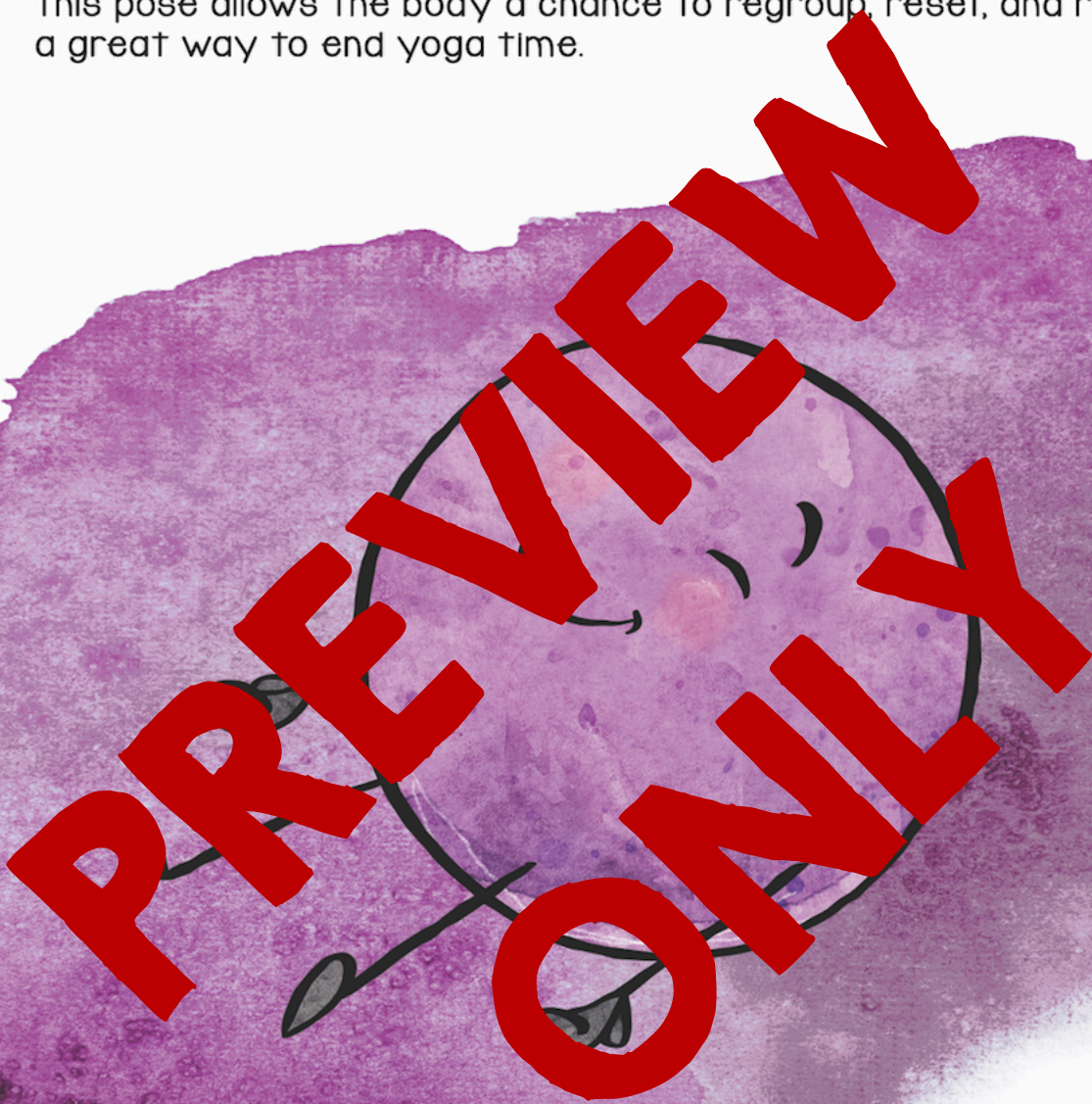
Directions: Cut out the pieces below and glue your favorite animal on your bingo card. You won't use every piece!



# SAVASANA

**LEVEL:**  
**E A S Y**

This pose allows the body a chance to regroup, reset, and relax. It's a great way to end yoga time.



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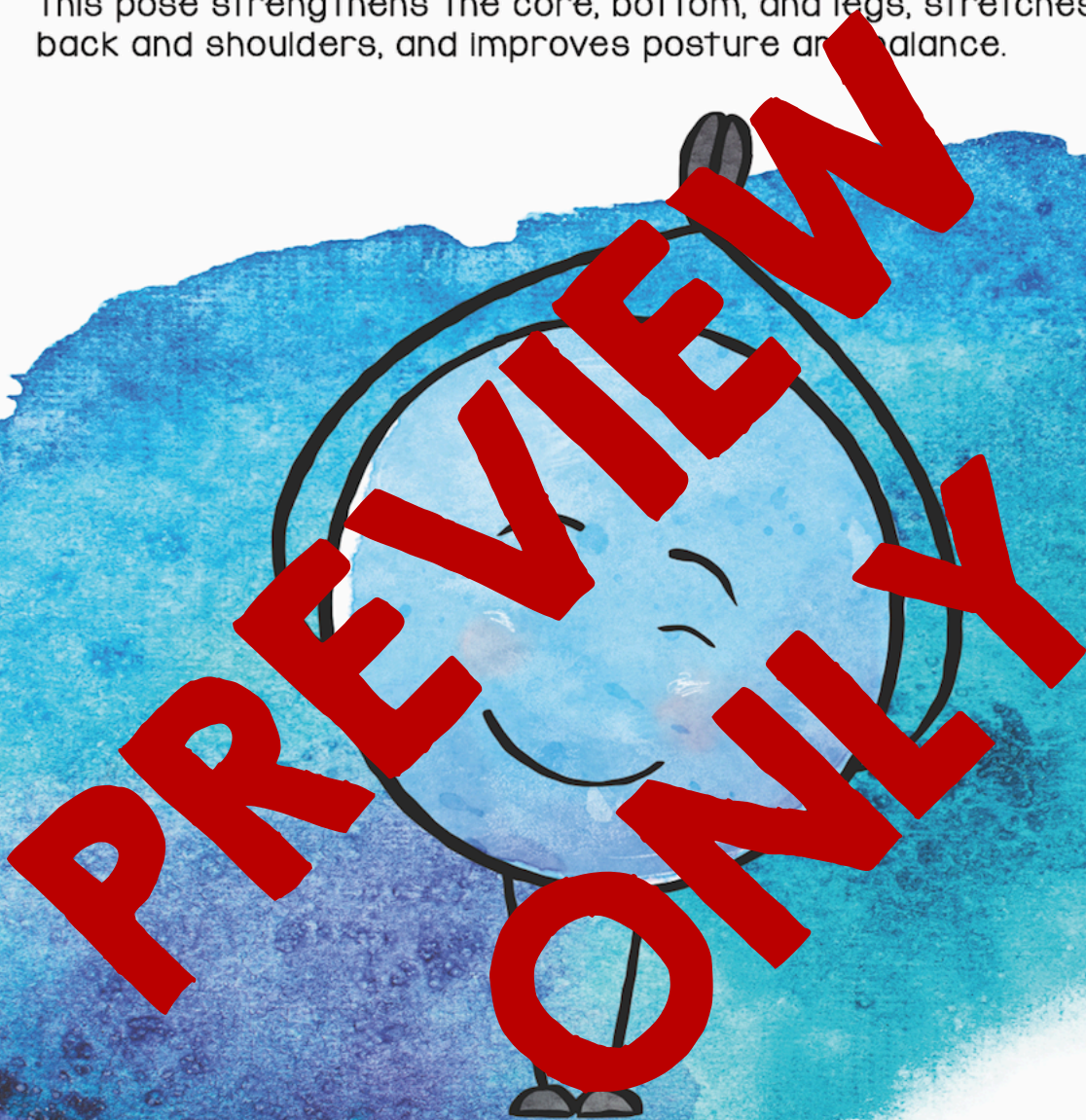
MUSCLES RELAXED - EYES CLOSED - MIND CLEAR



# KITE

**LEVEL:  
MEDIUM**

This pose strengthens the core, bottom, and legs, stretches the back and shoulders, and improves posture and balance.

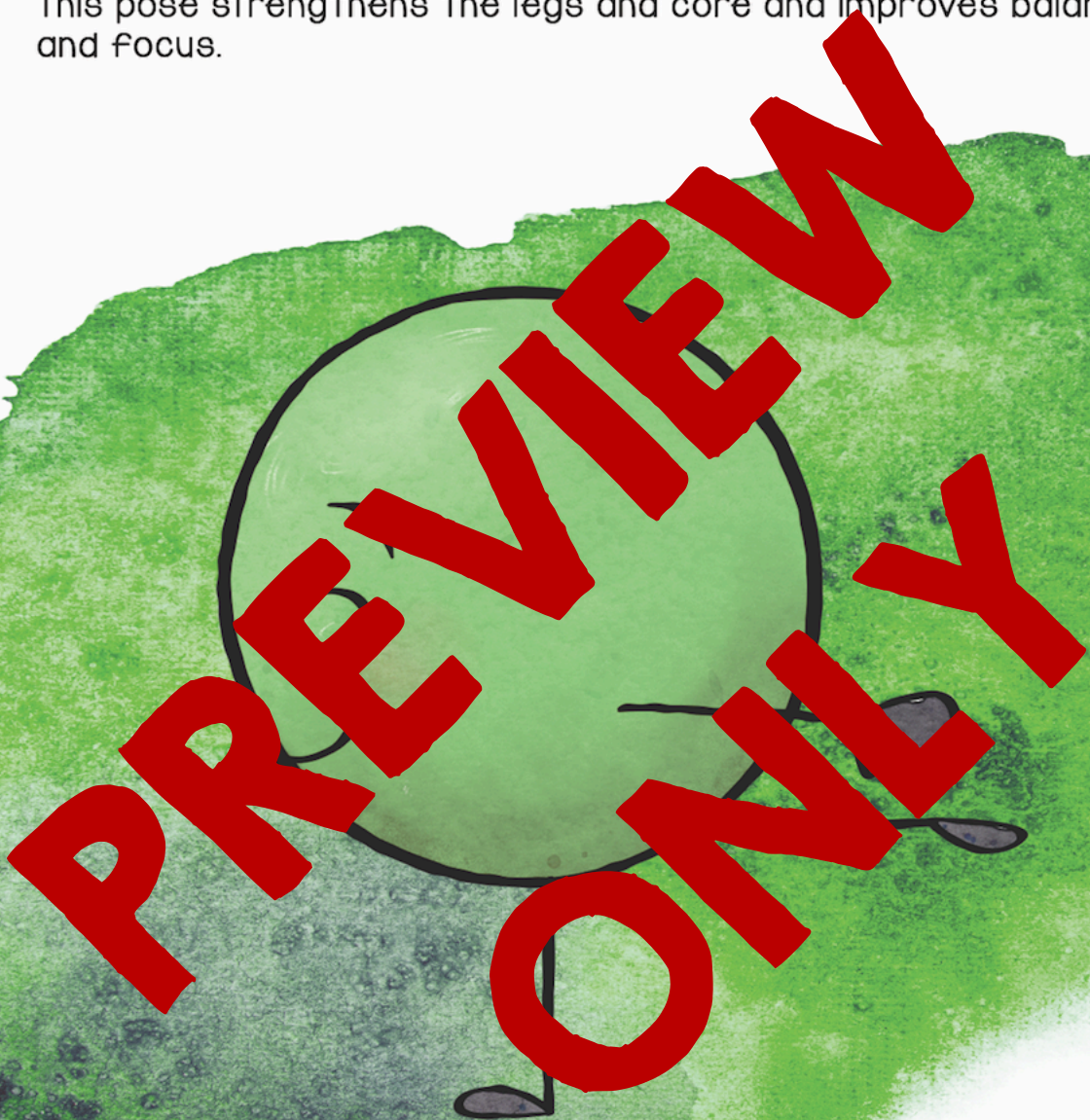


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FEET TOGETHER - BACK STRAIGHT - ARMS STRETCHED

# FLAMINGO 2 LEVEL: HARD

This pose strengthens the legs and core and improves balance and focus.



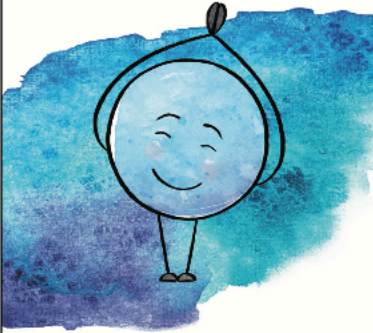
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LEG BACK - ARMS OUT - EYES ON A FIXED SPOT

# KITE

LEVEL: MEDIUM

This pose strengthens the core, bottom, and legs, stretches the back and shoulders, and improves posture and balance.

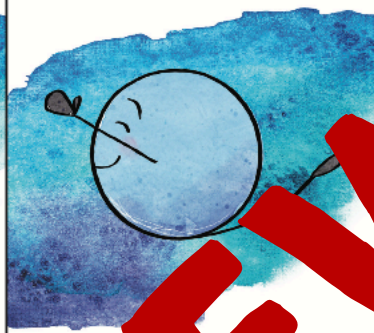


FEET TOGETHER - BACK STRAIGHT - ARMS STRETCHED

# LOCUST

LEVEL: HARD

This pose strengthens the core and back, stretches the torso, and improves posture and stamina.

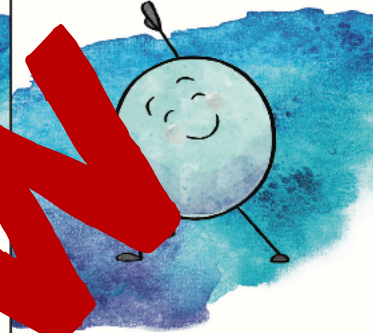


FEET TOGETHER - ARMS STRETCHED

# SIDE ANGLE

LEVEL: HARD

This pose increases stamina, strengthens the core and legs, and stretches the legs, back, and shoulders.



ARM STRETCHED UP - LEGS LUNGED - EYES LOOKING UP

# YOGA WHEEL

LEVEL: HARD

This pose increases stamina, stretches the back, and strengthens the arms, legs, and core.

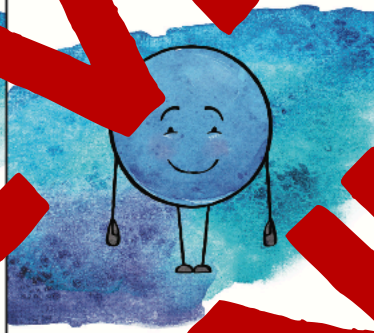


FEET FLAT - EYES LOOKING UP

# DOUBT

LEVEL: EASY

This pose strengthens the core and legs, and improves posture and balance.



FEET TOGETHER - BODY

# HANDS TO HEART

LEVEL: EASY

This pose calms the mind, improves focus, and relaxes the body.



HANDS TOGETHER - EYES CLOSED

# FLAMINGO 1

LEVEL: MEDIUM

This pose strengthens the legs and core and improves balance and posture.



LEG BENT - ARMS OUT - EYES ON A FIXED SPOT

# FLAMINGO 2

LEVEL: MEDIUM

This pose strengthens the legs and core and improves balance and posture.



LEG BACK - ARMS OUT - EYES ON A FIXED SPOT

# FORWARD FOLD

LEVEL: MEDIUM

This pose stretches the back and legs, increases blood flow to the head and brain, and calms the body.



FEET TOGETHER - LEGS STRAIGHT - NECK AND BACK RELAXED

PREVIEW ONLY

# CHILD'S POSE



This pose relaxes the  
body, calms the mind,  
and restores a sense of  
well-being.

# DANCERS POSE



This pose strengthens the legs, stretches the shoulders and chest, improves balance, and focuses the mind.

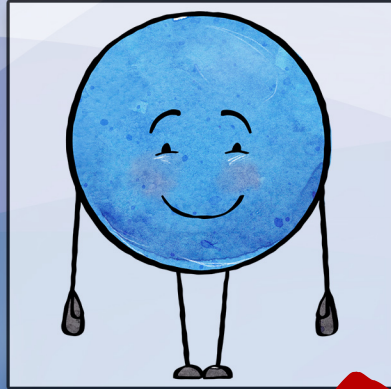
# KITE



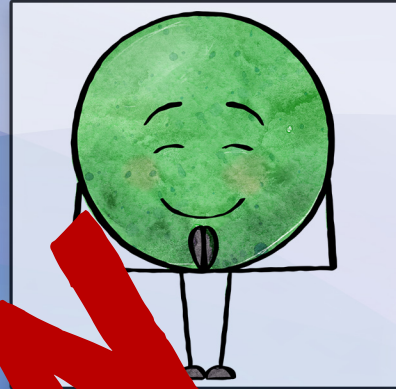
This pose strengthens the core, bottom, and back, stretches the back and shoulders, and improves posture and balance

X

1



2

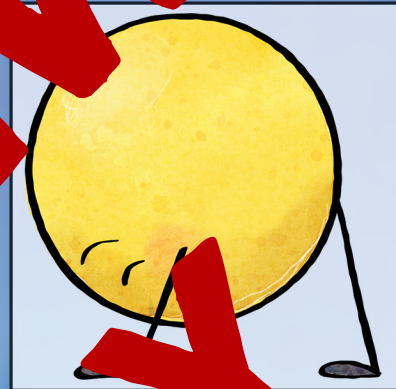


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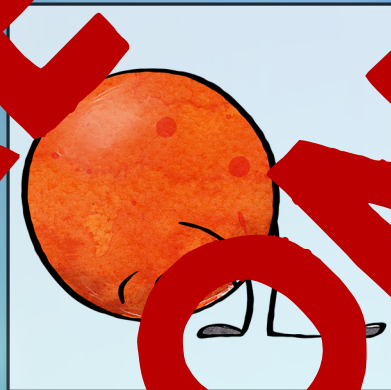


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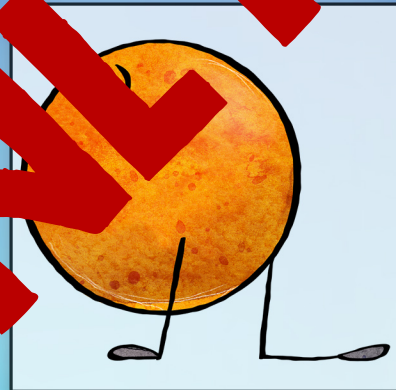


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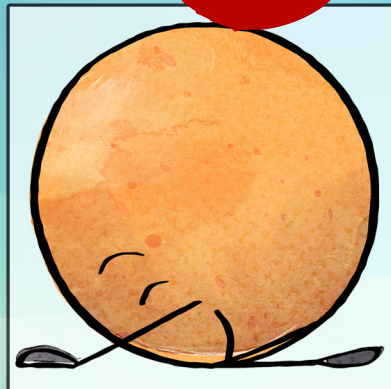
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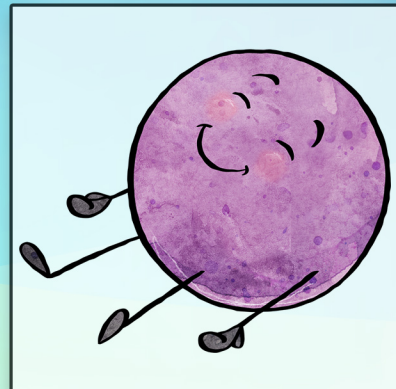
H

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**PREVIEW ONLY**