

Kids Yoga & Mindfulness

17 calming ideas to check off together

PRINTABLE CHECKLIST

1. Calming Yoga Poses

- ☐ Child's Pose
- ☐ Cat-Cow Pose
- ☐ Butterfly Pose
- ☐ Legs-Up-the-Wall Pose
- ☐ Corpse Pose

2. Breathing & Mindfulness Games

- ☐ Belly Breathing w/ Stuffed Animal
- ☐ Counting Breaths
- ☐ Guided Visualization
- ☐ Five Senses Check-In

3. Movement Breaks for Focus

- ☐ Starfish Pose
- ☐ Standing Forward Fold
- ☐ Animal Walks
- ☐ Freeze and Breathe

4. Wind-Down Routine

- ☐ Sleeping Butterfly Pose
- ☐ Seated Meditation
- ☐ Body Scan
- ☐ Quiet Music Listening