

Dinosaur yoga

Children gain a lot of different things from carrying out yoga. Physically, it enhances their flexibility, strength, coordination, and body awareness. In addition, their concentration and sense of calmness and relaxation improves.

Here are some online yoga sessions which could be carried out during the week.

A yoga session with Jamie from Cosmic yoga (21 minutes)

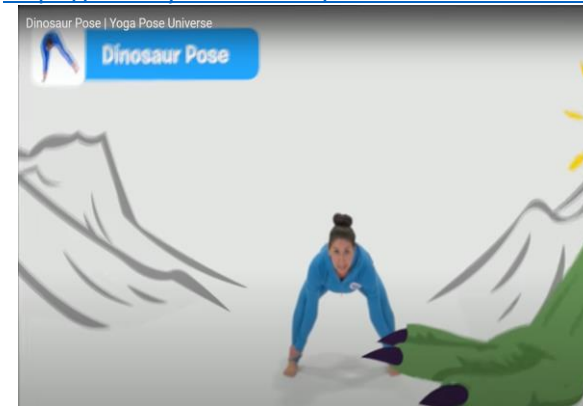
Tiny the T-Rex

<https://www.youtube.com/watch?v=rnlDBKD2S78>



Learn the dinosaur pose (1 minute 50)

<https://www.youtube.com/watch?v=d6aaXR1x6dg>



SUPER YOGA! - Dinosaur Disco (4 Minutes 31 seconds)

<https://www.youtube.com/watch?v=isAbhjYamA>



<https://www.youtube.com/watch?v=epgYyoDLNvs>

Based on the book 'Dinosaur yoga' (37seconds)



Some more yoga poses to try out

Dinosaur Yoga

5 easy yoga poses for kids



1. Stand like a Stegosaurus.



2. Dip down like a Diplodocus.



3. Angle like an Ankylosaurus.



4. Breathe like a Brachiosaurus.



5. Sleep like a Spinosaurus.

KIDS YOGA
STORIES