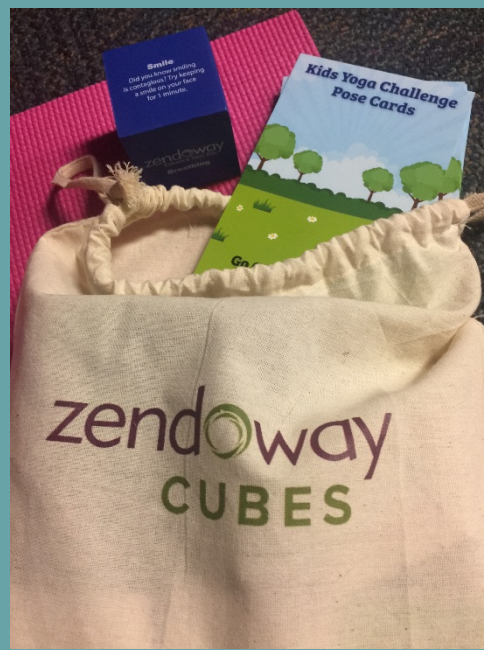


# Materials

Kids Yoga Challenge Pose Cards  
(GoGoYoga)  
Feelings Cube  
(Zendoway)

[www.zendoway.com/store/c4/Kids\\_Wellness.html](http://www.zendoway.com/store/c4/Kids_Wellness.html)



# Cube

Provide each child with a card.  
First have them roll the Feelings Cube and answer the prompt. For example, *"I Feel \_\_\_\_ an answer could be Happy or Grateful."*

Second, have the child read the affirmation on the card. For example, *"I am strong and balanced."* Have all the children repeat. Complete the pose together. Repeat the affirmation.



Have the children lay down on their mats and close their eyes. Remind them that affirmations work best when repeated in different ways throughout the day. Whenever you are feeling as though you cannot do something, turn it around with a positive affirmation such as *"I can do it."* Prompt the children to take a few full breaths and settle into comfort. Softly read the affirmations on the Pose cards for a few minutes. Have them take a few more breathes before returning to sitting.

# Pose Card

zendoway

# Relaxation