Let’s Be Yoga Bears!

Sometimes stress can make you feel like you want to growl like a bear. Maybe even knock over a tree or two. Now that we’ve watched the KidsHealth.org videos on yoga, we’ll try a few exercises ourselves. When we’re feeling stressed, we can do these exercises so we can be yoga bears instead of growling bears.

First, we’ll try an exercise called belly breathing while you’re sitting in your chair. Inhale and exhale slowly. This can really help when you’re feeling angry, frustrated, or upset.

Next, let’s try some neck stretches. Remember, these might be good exercises to do right before taking a test.

Next, let’s try some silly faces. Open your mouth wide and make bug eyes, then scrunch up your whole face and pucker up your lips. Look at a partner and see who can make the silliest face.

Next, let’s try some shoulder, wrist, and palm stretches called reverse namaste arms. This can really make you feel better.

Now, stand up so we can try the horse stance with lion’s breath.

Now that we’re done, everyone say, “Namaste!” (nah-mus-tay) to each other. Namaste is a word in the Sanskrit language that people in India and Nepal use to greet each other. The word literally means, “bowing to you.”

[Note to teacher: You can have the class do all of other exercises as shown in the KidsHealth.org yoga videos.]