



## 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.]*

