

## Pediatric OT Activity of The Week - Yoga

### Easy Poses



#### Child's Pose:

- Sit back on heels and bring forehead down in front of knees
- Rest arms alongside body
- Helps stretch hips and thighs and helps calm your mind



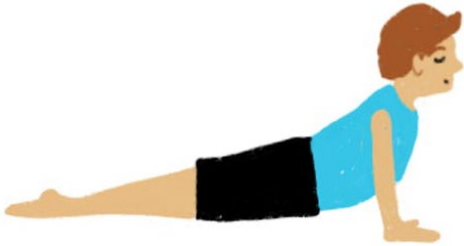
#### Easy Pose:

- Sit cross-legged with back straight and rest hands on knees
- Helps strengthen the back and decrease anxiety



### **Bridge Pose:**

- Lie on back with knees bent and feet flat on floor
- Rest arms alongside body and lift butt and back off floor
- Helps stretch shoulders, thighs, hips and chest and increases flexibility



### **Cobra Pose:**

- Lie on belly and place palms flat next to shoulders
- Lift head and shoulders off the floor
- Helps strengthen spine and stretch chest, shoulders and abs



### **Warrior Pose:**

- Step one foot back and turn out toes so they are facing slightly outward
- Raise arms up so they are parallel to the floor
- Bend front knee and look forward over fingers
- Do again on other side
- Helps strengthen and stretch legs and ankles, as well as increases stamina



### **Tabletop Pose:**

- Resting on your hands and knees, bring knees hip width apart
- Feet in line with knees, not spread apart
- Palms directly under shoulders and keep back flat
- Helps stretch back and improve posture



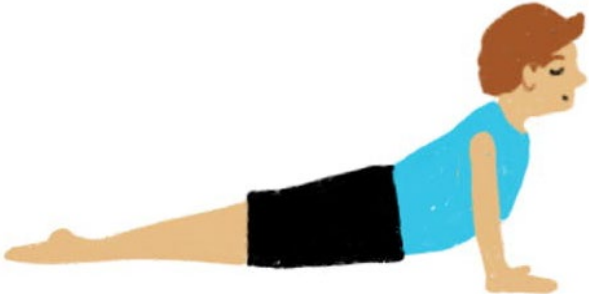
### **Cat and Cow Poses:**

- Start in tabletop pose (see above)
- For cat pose, round the back and tuck the chin into the chest
- For cow pose, sink belly toward the floor and arch the back, looking up
- Alternate between the two poses
- Feel free to add in meowing and mooing 😊
- Helps stretch back



### **Happy Baby Pose:**

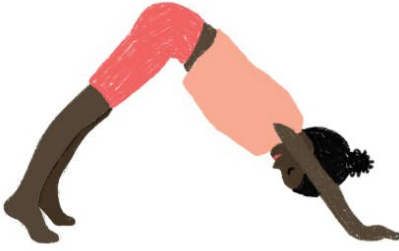
- Lie on back and hug knees into chest
- Grab outer part of feet with hands and rock side to side like a baby
- Helps calm body



**Cobra Pose:**

- Lie on belly and place palms flat next to shoulders
- Press and lift head and shoulders off the floor
- Helps strengthen the spine and stretch the chest, shoulders and abs

# Medium Poses



## Downward-Facing Dog Pose:

- Create an upside-down V shape with butt in the air
- Place head in between arms
- Helps stretch and energize as well as flushes your brain with fresh oxygen and calms your mind



## Dancer's Pose:

- Stand on one leg, stretching opposite leg out behind you
- Reach back and grab outside of foot
- Use other arm out in front for balance
- Helps improve balance and focus



## Standing Forward Bend Pose:

- Bend forward at the waist and grab ankles
- To make it easier grab knees instead of ankles
- Helps stretch hamstrings, calves and hips and strengthen thighs and knees

### **Locust Pose:**



-Lie on belly and lift chest by squeezing shoulder blades together while extending arms behind body and lifting them up slightly

-To make it easier, keep arms down alongside body and push off with palms to lift chest up

-Helps improve posture

### **Tree Pose:**



-Stand on one leg, bend the other knee, and place sole of foot on inner thigh

-To make it easier place foot on calf or stand against a wall for support

-Raise arms into the air

-Helps improve balance and concentration

# Hard Poses



## Three-legged Dog Pose:

- Start in downward dog pose
- Lift one leg up in the air and hold
- Switch to other leg
- Helps strengthen arms and develop better balance



## Boat Pose:

- Balance on butt with legs extended out and up and arms stretched out in front
- To make it easier knees can be bent
- Helps strengthen abs and spine



## Wide-legged Forward Bend Pose:

- Start with feet wide apart
- Place hands on hips, bend back forward over the legs and place hands flat on the floor
- If able, bring head toward floor and in between legs
- Helps stretch hamstrings, calves and hips and offers a feeling of calmness