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