

# Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



## What is this resource and how do I use it?

All you need is a yoga mat or old towel, a patch of soft ground and a sense of fun to get your child involved in these activities. By making yoga fun, children are more likely to want to engage and give it a go. These poses are all traditional yoga poses with an animal-themed twist.

## What skills does this practise?

Yoga

Mindfulness

Perseverance

Physical Activity

## Further Activity Ideas and Suggestions

Check out our [Spring Yoga for Kids!](#) Video on Twinkl Kids' TV or head over to our [Getting Active](#) section in our Wellbeing Hub for more fun yoga activities. Can your child think of any other poses that remind them of their favourite animals?

Parents Blog



Twinkl Kids' TV



Homework Help



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Parents Hub

# Animal Yoga Cards

Yoga is a wonderful exercise that helps children build gross motor skills, practise mindfulness, stretch their muscles and develop balance. We've put together some animal-themed yoga poses you can do with your child on a sunny day in the great outdoors or find a quiet spot inside.

Encourage your child to hold the pose as long as they can and to keep breathing deeply throughout. Your child may become better at balancing and focusing the more they practise these exercises.

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## Animal Yoga Cards

**Can you be a slithering snake in the jungle?**

This is called  
**Cobra Pose.**



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## Animal Yoga Cards

Can you be a tall giraffe reaching for some food?



This is called  
**Chair Pose.**

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## Animal Yoga Cards

Can you be a dog stretching ready for its walk?



This is called  
**Downward Dog Pose.**

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## Animal Yoga Cards

Can you be a beautiful butterfly and gently flap your wings?



This is called  
**Butterfly Pose.**

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## Animal Yoga Cards

Can you be a cat ready to pounce?



This is called  
**Cat Pose.**

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## Animal Yoga Cards

Can you be a tortoise stuck on his back?



This is called  
**Happy Baby Pose.**

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## Animal Yoga Cards

Can you be a colourful parrot soaring through the sky?

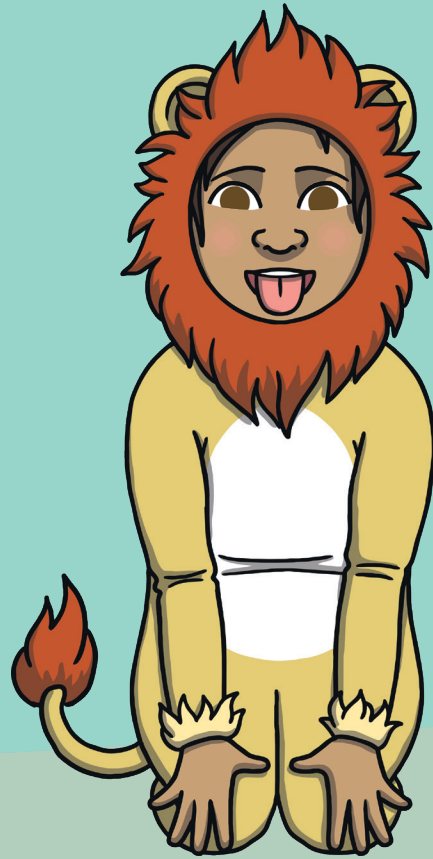


This is called  
**Warrior 3 Pose.**

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## Animal Yoga Cards

Can you be a lion panting  
in the desert heat?



This is called  
**Lion Pose.**

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## Animal Yoga Cards

Can you be a shimmering  
goldfish swimming  
around?



This is called  
**Bow Pose.**

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## Animal Yoga Cards

Can you be a buzzing bumblebee in summer?

- Close your eyes.
- Breathe in through your nose and when you breathe out, make a noise like a bumblebee.
- You can put your hands over your ears if you want to.



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## Animal Yoga Cards

### Twinkl Tip:

If you have access to a laminator and a hole punch, you can easily make these cards into a durable ring-bound resource to use over and over again.

### Get Creative:

Can your child use their body to create shapes that represent other animals in the animal kingdom? Can they be a rabbit or a bouncing frog?

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The physical activity contained within this resource may not fit your specific situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision, including changing the activities as appropriate. We are not responsible for the health and safety of your group or environment so we cannot accept liability for any loss suffered by anyone undertaking any activity referred to or described in this resource. It is also your responsibility to ensure that you or the organisation you are organising it for has the relevant insurance to carry out the physical activity. If you are unsure in any way, we recommend that you take guidance from a suitably qualified professional. You may also wish to take guidance as to whether and how participants should warm up before taking part in any activity and carefully assess any environmental risks and be sure participants have a safe space in which to take part. By using this resource, you acknowledge that it is the responsibility of supervising adults to ensure the safety of children in their care.