

Dinosaur Yoga



Dinosaurs

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Preschoolers
2.5 - 4 years

Get your kiddo using up some energy and focus on their regulation by doing some fun dinosaur yoga! These very simple yoga poses are easy for kids to understand and master while they use their imaginations to transform into giant prehistoric creatures.

Learning Outcomes

Domain:

Physical

Skills:

Gross Motor

Indicator:

Increasing control over own movement skills



Materials

- Printable yoga poses
- Yoga Mat (optional)



Instructions

Step 1: Print the included yoga poses.

Step 2: Lay down your yoga mats with at least a few feet of open space in all directions.

Step 3: Explain a pose and help the child perform it, holding each pose for at least 10 seconds. Repeat 2-3 more times.

Step 4: Repeat step 3 for each of the remaining poses.



Age Adjustments

For older kiddos: Have the child try to choose a routine of yoga poses and see if they can remember all of them in order.

For younger kiddos: Younger kiddos will need more help in the form of visual demonstrations or moving their bodies into position.



Playful Questions

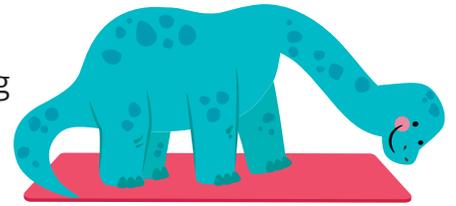
- Do you think dinosaurs are fast or slow?
- Are dinosaurs tall or short?
- Do you think a dinosaur can touch his toes?
- What sound does a dinosaur make?
- How long can you hold this pose for?

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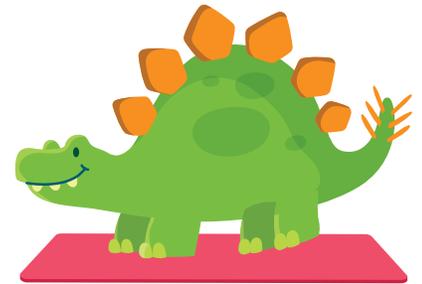
Downward Diplodocus

Go on your hands and feet, extending your giant tail up into the air



Stegosaurus Pose

Go on your hands and knees, looking straight ahead and lowering your back so you can feel all of the plates along your spine.



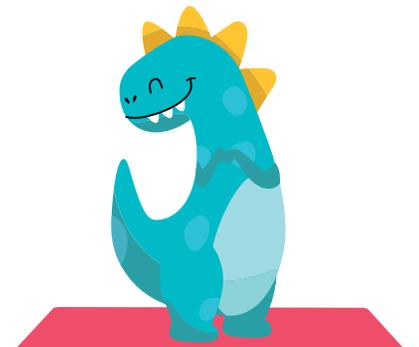
Extended Brontosaurus

With your feet wide apart, bend your left knee, then touch your left hand on your left foot while extending your right arm over your head, making a diagonal line from your right hand (the head) to your right foot (the tail). Repeat on the other side.



Tree Rex Pose

Standing on your left foot, bring your right foot upward onto your left thigh. Bring your hands up with palms together above your head and hold. Repeat on the opposite foot.



Brachiosaurus Breath

Resting on your heels, sit with your back straight and your palms on your lap. Take a deep breath in through your nose while keeping your mouth closed. Exhale, keeping your mouth closed and making a long "mmm" sound.

