

## Objective 5

### Demonstrates balancing skills

Related Objectives: 1c, 2b, 8a, 29

## What You Do

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- 1. Invite the children to join you in a yoga movement.**
- 2. Ask them to start on their hands and knees with their hands directly below their shoulders.**
- 3. Demonstrate how to perform the cow pose:** gazing upward, roll your shoulders back and let your belly fall down. **Then transition into the cat pose:** push your belly up, arching your spine, and look in at your navel.
- 4. Repeat the poses several times, exhaling during the cow pose and inhaling through the cat pose.**

- Ask the children to look at the movements and explain why they think they are called *cat* and *cow*.
- After completing the poses several times, ask the children how they feel. Did the yoga help them relax or feel more calm? Did they notice their muscles stretching and relaxing?
- Invite children to remain seated and then stretch their arms out in front of them and stretch them up high.
- Use this activity as a transition to quiet time.
- Pair this activity with the book *The Happiest Tree* by Uma Krishnaswami to introduce new yoga poses.