

# Wild Yoga for Kids

## GIRAFFE

From hands and knees:

Eating:

- Palms and feet wide apart, flat on ground.
- Keep arms and legs quite straight, like a giraffe.
- As you straighten legs, push seat back and up.
- Let your head hang to the ground like a giraffe trying to eat grass.

Walking:

- To walk like a giraffe, move right arm and right leg forward one step.
- Then move left arm and left leg forward one step.
- Walk around and then eat some more grass.
- Rest in Child's pose.



Benefits: stretches the whole body. Improves coordination.  
Circulation to head (brain, face and scalp) promotes clear thinking.