

Wild Yoga for Kids

TREE

From standing:

- Choose a standing leg.
- Bend other knee to the side.
- Place your free foot against the ankle, knee or thigh of your standing leg. (If it's too wobbly, keep foot low, toes touching floor.)
- Place palms together in front of your chest, then raise arms straight up overhead.
- Hold steady for one or two breaths then release hands back to heart level and foot to the floor.
- Repeat on the other side.

Variation - clap hands together like branches clacking in the wind.

Variation - hold palms together by crossing one thumb over the other, hop on the spot.



Benefits: improves balance, coordination, concentration, and strength and flexibility in the legs. The first variation has a calming, quieting effect and teaches patience.