

# Gratitude Yoga Exercises for Kids

I am grateful for:



**My Breath**

*Child's Pose*

Lower your hips to your heels and forehead to the floor while you stretch your arms overhead.



**My Goals**

*Cobra Pose*

Lay with your belly on the floor and begin to straighten your arms to lift the chest off the floor.



**The Sun**

*Mountain Pose*

Stand with your big toes touching and heels slightly apart, hands stretched at your sides.



**My Strength**

*Warrior 1 Pose*

Reach your fingertips to the sky as you bend your front knee and straighten your back leg.



**Nature**

*Tree Pose*

From mountain pose, bend one knee and lift your heel up to rest against the opposite leg.



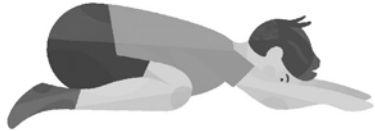
**The Sky**

*Resting Pose*

Lie on your back with your legs straight and arms at your sides. Close your eyes and breathe deeply.

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