

WARRIOR 1



Stretches the legs, torso and shoulders. Strengthens the ankles, legs, spine and arms.



Helps to develop concentration, inner strength and resilience.



Stand tall and proud in mountain pose.



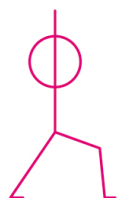
1

Step, or mindfully jump, your feet a leg's distance apart. Extend your arms out at the height of your shoulders. Can you get your feet under the line of your fingertips?



2

Turn your feet, hips, torso and head to face over your right foot. Raise your arms towards the sky, keeping them strong like a warrior.



3

Bend your front knee, bringing it in line with your ankle. The more you bend your knee, the more you need to reach your arms up to touch the sky.



4

Stay for 3-5 breaths. To come out, straighten your right leg, extend your arms out at the height of your shoulders, and then turn to do the left side.



- Breathing in, straighten your right leg, and breathing out, bend your right knee. Repeat 4-5 times.



- What inner strengths do you need to develop to be able to do this pose?
- Warrior one stretches a lot of muscles; can you name some of them?
- What is the difference between stretching and strengthening?
- Being organised helps us to complete tasks and feel confident. How can you be more organised?
- Is there something you need to get better at remembering?



DOWNWARD FACING DOG



Strengthens the arms and shoulders. Lengthens the hamstrings and calves. Stretches the spine and strengthens the back.



Calms the nervous system, energises the body, and helps relieve stress and anxiety.



Come to a tabletop position. Hands under your shoulders and knees hip-width apart.



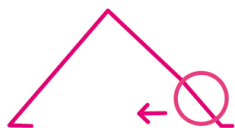
1

Open your palms and spread your fingers wide. See if you can press the whole of your hands into the floor.



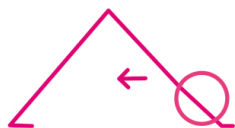
2

Tuck your toes under, breathe out, lift your hips to the sky, straighten both of your arms.



3

Keep your arms straight and long, let your head hang down. Keep looking back at your toes.



4

Without holding your breath, can you begin to move your chest back towards your thighs, lengthening and stretching your back?



- To come out, return to a tabletop position.
- Can you raise one leg into the air without bending your arms or holding your breath?
- What noise does a dog make?



- How did your body feel?
- Did parts of your body feel tired?
- Did parts of your body feel strong?
- Did parts of your body enjoy the stretch?
- Practise the pose again and notice how your body feels.
- What are different ways you could do the dog pose?
- Can you think of a time in your life where you could practise this pose to help calm your mind? (e.g. before you go to sleep?)



CHAIR



Strengthens the ankles, thighs, calves and spine, and stretches muscles of the shoulders and chest.

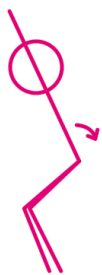


Develops focus and concentration.



Standing tall and proud in mountain posture.

Keeping your arms strong and straight, raise them above your head, as if you wanted your fingertips to touch the ceiling.



1

Breathe out, bend your knees and sit down on an imaginary chair. Keep your knees over the line of the toes.



2

Can you keep your fingertips reaching to the ceiling and sit a little lower without holding your breath? Stay here for 3-5 breaths.



3

To come out, straighten your legs and return to the mountain pose.



- Practise doing this in a line or circle with your friends.
- Be careful to move into the pose and out of the pose together.



- Which muscles do you think you were working in this pose?
- What did you silently say to yourself to help you stay in the pose longer?
- Did you feel any different after doing this pose?

