

# Wetland Yoga



**Yoga is a great way to exercise and relax your whole body. It can be done inside your house or out in your yard. Use this kid-friendly guide to explore moves inspired by wetlands! Just lay down a yoga mat or thick towel and you are ready to start!**



## Sun

Stand tall with your feet a little wider than your hips and reach your arms out wide with your fingers spread apart. Breathe deeply and slowly.



## Cattail

Stand tall with legs together, feet facing forward, and reach your arms up to the sky with your hands pressed together. Breathe deeply and slowly.





## Log

Lie on your back with your arms and legs stretched out. Breathe and rest.



## Rock

Lie on your back, hug your knees into your chest, and breathe slowly.





### **Deer Mouse**

Sit on your heels, slowly bring your forehead down to rest in front of your knees, place the palms of your hands flat out in front of you, and take a few deep breaths.



### **Beaver**

Sit up tall with your legs straight out in front of you. Place your hands on the ground at your sides. Take deep breaths.



### **California Treefrog**

Come down to a squat, placing your hands on the ground in front of you. Ribbit like a frog!





## Great Egret

Stand on one leg. Bend the knee of your other leg, place the sole of your foot above your ankle, and balance.



## Trout

Lie on your tummy, lift your chest and legs up, look up, and reach your hands back behind you.





## **Gopher Snake**

Lie on your tummy, place palms flat next to your shoulders, press into your hands and extend your arms as far as you can, lifting your head and shoulders off ground. Hiss like a snake.



## **American Coot**

Lie on your back with your knees bent and your feet flat on the ground. Rest your arms down alongside your body, tuck your chin into your chest, and lift your bottom and back to create a bridge.



## **Mallard**

Sit on your bottom with a tall back. Bend your legs, place the soles of your feet together, hold your ankles, and gently flap your legs like the wings of a duck and quack.





## **Western Pond Turtle**

Sit on your bottom with your knees bent and the bottom of your feet together. Slide your arms under your knees and place your hands flat on the floor outside your legs. Bend forward as far as you can, keeping your back and neck straight.



## **Dragonfly**

Start sitting on the ground with your body in an L shape. Bend your left knee and place your left foot over the other side of your right knee. Keep your back is straight, and your left foot flat on the ground. Twist your upper body to the left. Take your right elbow to your left knee and your left hand back behind you.



## **River Otter**

Bend down to the ground and step your feet back to balance on your hands and your bent toes. Keep your arms and legs straight and your back long and flat.





## Crayfish

While sitting on the ground, balance on your bottom in a V-shaped position with your legs up and your arms out straight.



## Coyote

From a standing position, bend down and place your palms flat on the ground. Step your feet back to create an upside-down V shape with your bottom high in the air. Straighten your legs, relax your head and neck, and look down between your legs.



## Sandhill Crane

Get on your hands and knees with a flat back, extend one leg out behind you, extend the opposite arm out in front of you and look forward.





## **Canada Goose**

From a standing position, step one foot back pointing your foot outwards, bend at your waist, turn your chest out on the same side as the leg that is stepped back, gently rest your bottom hand on your shin, and reach your other arm straight up.



## **Tundra Swan**

Stand on one leg. Extend the other leg behind you. Bend your torso forward and take your arms out behind you.