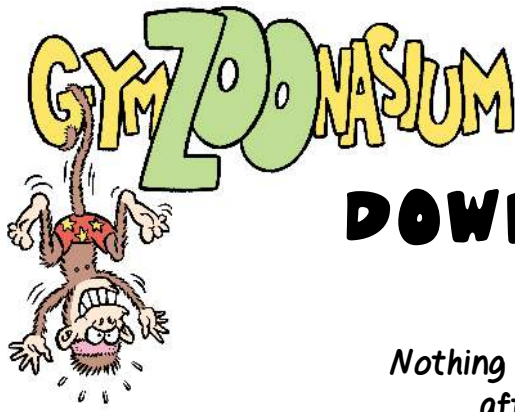




DOWNWARD DOG

*Nothing beats a good old stretch
after I first wake up.
I stretch my bottom to the sky
and I'm one happy pup!*

PURPOSE

- Stretches your back and legs
- Strengthens your arms and legs
- Helps you feel energised, awake and ready to learn



INSTRUCTIONS

1. Kneel on all fours, with your fingers apart
2. Put your toes on the floor and push your hips up high
3. Press your heels gently towards the ground
4. Hold this stretch for at least 10 deep breaths



WATCH FOR

- Knees as straight as possible
- Head and neck relaxed, looking towards your feet



MODIFICATIONS

- Seated: Bend your body forward over your legs. Reach your arms out in front of you.



MORE CHALLENGING

- Do Downward Dog with your legs straight and both feet flat on the floor
- Combine the Caterpillar Crawl and Downward Dog for a more challenging strengthening and stretching exercise

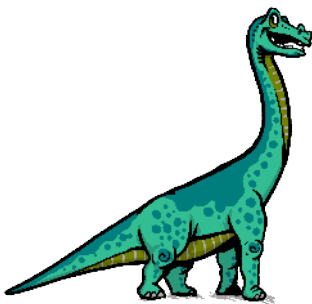


MAKE IT MULTI-SENSORY

- Think about being a happy dog with your tail wagging in the air while you're digging in the dirt below. What might you find while you're digging?

FUN AND GAMES

Create your own yoga routine. Circle which yoga moves you would like to include, and number them in the order of your choice. Enjoy your yoga with your family and friends.

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