

# KIDS

work

it

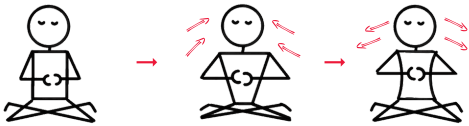
out



## BREATHING

### OCEAN BREATH

- Sit in **Easy Pose** with ankles crossed
- Slowly inhale through your nose, notice your lungs fill with air
- Exhale completely from your mouth, 'ahhhh...'
- Repeat several times, noticing the sound and rhythm of each breath
- Can you hear the waves of the Ocean?



## NUTRITION

### ARE YOU REALLY HUNGRY?

**Scenario:** "You are frustrated with your homework assignment. You feel hungry but just ate dinner."

- Are you really hungry or upset about your homework? **✓ NO**
- Do you just want to eat to make yourself feel better? **✓ NO**

#### MAYBE TRY...

- Practicing sun salute
- Going to the park

## EMOTIONS

We show emotions through our feelings and bodies



## RELAXATION

### EASY POSE

- Sit with ankles crossed
- Inhale, grow tall in your body
- Exhale and relax shoulders from ears
- Rest hands on your knees and breathe fully and deeply





# YOGA

Flow to do with Family & Friends



WAYNE STATE  
College of Education  
Center for Health and  
Community Impact

## SUN SALUTE

*I choose to eat healthy and be happy©*



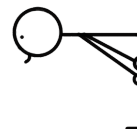
Mountain



Tall Mountain



Forward Fold



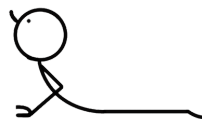
Halfway Lift



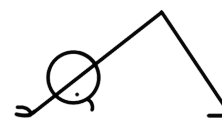
Plank



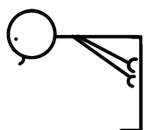
Crocodile



Snake



Downward Dog



Halfway Lift



Forward Fold



Tall Mountain



Mountain



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