

Yoga Fun with Max the Monkey

Learning objective: To learn basic yoga poses and understand how they help our bodies stay healthy and calm.

Read the front of each card. Look at the back to see how to do the pose. Max the Monkey wants you to stretch safely. Try to hold each pose for five seconds.

Mountain Pose

Stand tall with your feet together. Reach your hands up high. Feel strong like a mountain.

Tree Pose

Stand on one leg. Put your other foot on your ankle. Keep your hands together to balance.

Cat Pose

Go on your hands and knees. Round your back up to the sky like a stretching cat.

Dog Pose

Hands and feet on the floor. Push your bottom up. Make your body look like a letter V.

Child's Pose

Kneel on the floor. Sit on your heels. Put your head down to rest. This helps you feel calm.

Cobra Pose

Lie on your tummy. Use your hands to lift your chest up. Look forward like a snake.

Star Pose

Stand with feet wide apart. Reach your arms out to the sides. Be a big, bright star.

Butterfly Pose

Sit down. Put your feet together. Flap your legs gently like butterfly wings.

Bridge Pose

Lie on your back. Bend your knees. Lift your tummy up towards the ceiling.

Why do we breathe during yoga?

Breathing helps us stay calm and gives our muscles oxygen.

What does 'balance' mean?

Balance means keeping your body steady so you do not fall over.

How should you feel after yoga?

You should feel happy, relaxed, and proud of your hard work.