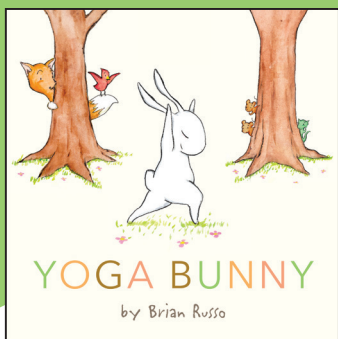




5 YOGA POSES FOR YOU AND YOUR CHILD

In *Yoga Bunny*, Bunny practices his poses and tries to get his friends to join him. Practice your own poses using the instructions below—and see if your friends will do yoga with you!

WARRIOR POSE



From a standing position, step one foot back, bend your front knee, bring your arms straight up towards the sky, and look up.

FORWARD FOLD



From a standing position, bend your upper body, reach for your toes, and sway your arms.

TREE POSE



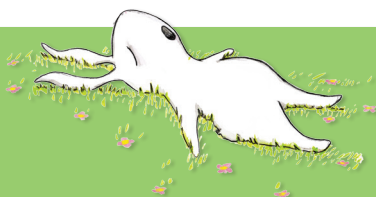
Stand on one leg, bend your knee, place the sole of your foot on your inner thigh, and balance. Sway like a tree.

DOWNWARD DOG

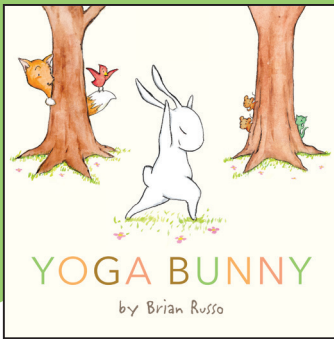


From a standing position, bend down and place your palms flat on the ground. Step your feet back to create an upside-down V shape with your legs straight.

RESTING POSE



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



WHAT HELPS YOU RELAX?

Yoga Bunny likes to do yoga to help him slow down and relax. What do you like to do to relax? Draw a picture in the box below of something that calms you down, whether that's reading, taking a nap, or doing yoga!

