

Healthy Living:

# YOGA FOR KIDS

## Poses for Partners



Double Tree



Warrior Friends



Twin Dragons



Sailboat



Double Pretzel



Seesaw



Double Boat



Elevator



Double Dancer



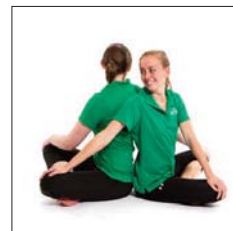
Lean on Me



Huddle Pose



Back-to-Back Twist



Back-to Back Chair



Open Heart



Double Dog





# HANDOUT 6B

## Daily Routine

Arrival Time	
Small Group Time	
Large Group Time	
Outdoor Time	
Meal Time	
Transitions	
Work Time	