

## Breathe

### Bumblebee Breath

Bees hum their days away, visiting flowers and making honey. As you hum, think of what makes you happy!

Wherever you are –walking, working, playing or resting, breathe in fully and as you breathe out hum like a bee.

Make sure your face and lips are soft so you can feel the vibration. Repeat for as long as you like.

## Please read!

Please ensure that you are well.  
Do not go beyond your ability,  
If you can't do something today,  
Leave it until tomorrow and say to Yourself. "I will be able to do this, or I can't do this yet but I will try again."  
Be safe and keep well.

## Time In

### Animal Friend

Settle down and relax. Close your eyes and go inside. Breathe in love and breathe out worry... Imagine you are outside. The sun is shining, birds are singing. You hear a rustling in the bushes and then a giggle. It's an animal watching you and it wants to be your friend. What kind of animal is it? Let it come close so that you can sit together and be close. Your animal friend loves you very much.

## Balance

### Boat

1. "I sit tall and hug myself." Hug your knees, feet on the ground.
2. "I lean back." Put your arms behind your back; toes pointed.
3. "I am strong enough to leave the land." Lift up your legs.
4. "I float on the water." Stretch out your arms and balance.



Eastertoun Primary School & ELC

## Yoga Pretzels 3

Exercises for body and mind

## Twist and Stretch

### Dragon

1. "I am a powerful dragon." Stand on your knees, arms at your sides.
2. "I am alert and aligned." Lunge one foot forward, hands on thigh.
3. "I inhale and expand." Stretch forward and down; reach arms up.
4. "HA! I breathe out fire!" Exhale with a big "HA!" Spread your fingers.

## Stand

### Warrior I

1. "I step forward, breathe and focus." Start in a high lunge.
2. "I plant myself firmly." Turn your back heel down to the floor and press.
3. "I am strong." Bring your hands to your thigh.
4. "I am peaceful." Bend deep as you reach both arms up to the sky.

## Forward Bend

### Rock

1. "I am grounded." Sit on your shins, spin straight.
2. "I am silent." Fold forward over your thighs.
3. "I am still." Stack your fists beneath your forehead.
4. "I am a rock." Place your forehead on the ground; rest hands by feet.

## Back Bend

### Shark

1. "I am long and sleek" Lie on your tummy.
2. "I am a strong swimmer." Clasp your hands behind your back.
3. "I am determined." Roll your shoulders back, lift your hands, feet and chest.
4. "I am a fierce shark." Breathe, arch, lift and lengthen your whole body.