



Turtle's Calm Yoga

8

Active Flashcards

Turtle is calm and slow. Can you move just like him?

Set-Up

Lay a towel or mat on the floor. Put Turtle next to you.



How to Play

1



Turtle Shell: curl up small and hug Turtle. Breathe in slowly... and out.

2



Turtle Walk: hands and knees, move slowly round the mat with Turtle.

3



Turtle Sun: lie on your back, hold Turtle up high and stretch long.

Grown-up tip

Speak slowly and quietly. Count 3 slow breaths for each pose.

Level up

Make up a new pose. What would Turtle call it?

You need: Ball, a towel or mat

