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Arctic Animal Yoga

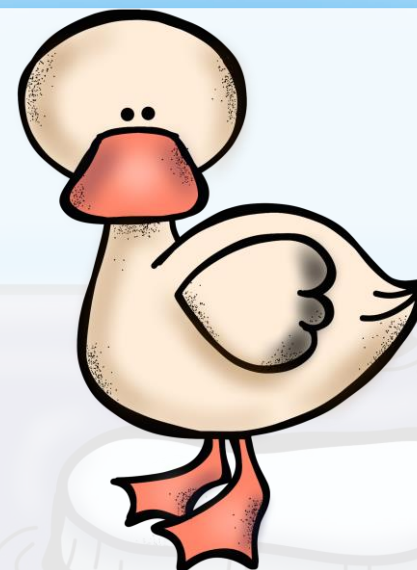
- Thanks for purchasing Arctic Animal Yoga and adding physical activity to the day!
- This pack includes a small set of cards that are formatted to print back to back with no hassle.
- Also included is full sheet printables that are perfect for bulletin boards, the hallway, or go no prep and project them on your white board or use on your tablet.
- Additional descriptions are included at the bottom if you prefer not to print back to back but paste them together!
- Remember that Arctic Animal Yoga is designed to be a fun way to integrate movement into the day. Poses don't need to look perfect or exactly as described and you can modify as you need.
- Prep once and use over and over again!
- Have fun and enjoy!

Chanda – Pink Oatmeal



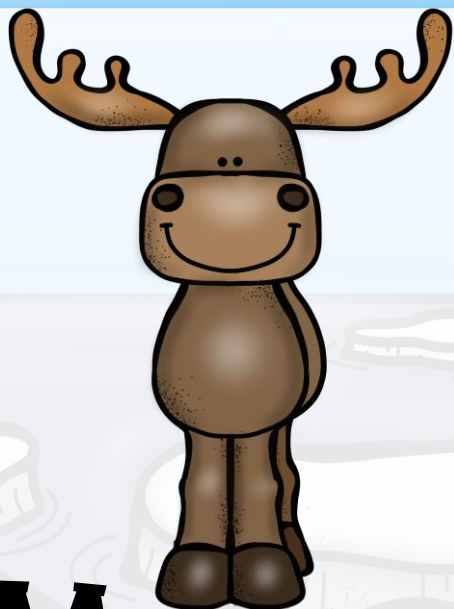
Polar Bear

Pink Oatmeal



Snow Goose

Pink Oatmeal



Moose

Pink Oatmeal



Snowy Owl

Pink Oatmeal

Snow Goose

1. Stand tall with your feet firmly on the floor.
2. Stand on one leg.
3. Reach behind and grab your opposite leg.
4. Bend forward at the hips.
5. Reach forward with your free hand if you can.
6. Try to stay balanced and breathe!

Snowy Owl

1. Stand tall with your feet together.
2. Reach your arms out to the sides.
3. Lean forward while lifting one leg behind you.
4. Flap your arms like a bird.
5. Don't forget to breathe!
6. Repeat on the opposite side.

Polar Bear

1. Place hands and feet on the floor.
2. Walk forward on hands and feet without knees touching the floor.
3. Try walking backwards without touching your knees to the floor.
4. Make a ROARRRRRR with a large open mouth!

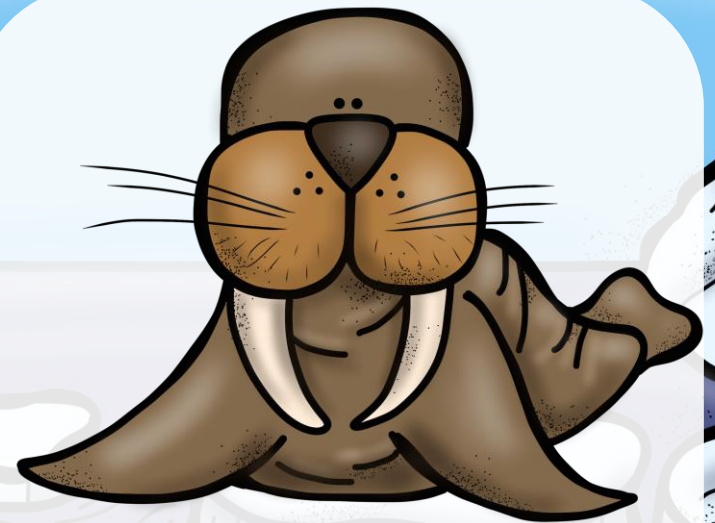
Moose

1. Stand tall with your feet together.
2. Reach your arms out to the side.
3. Move your right foot up your left leg turning your right leg out to the right as far as you feel comfortable.
4. Raise your arms up and make moose horns!
5. Repeat on the left side.



Puffin

Pink Oatmeal



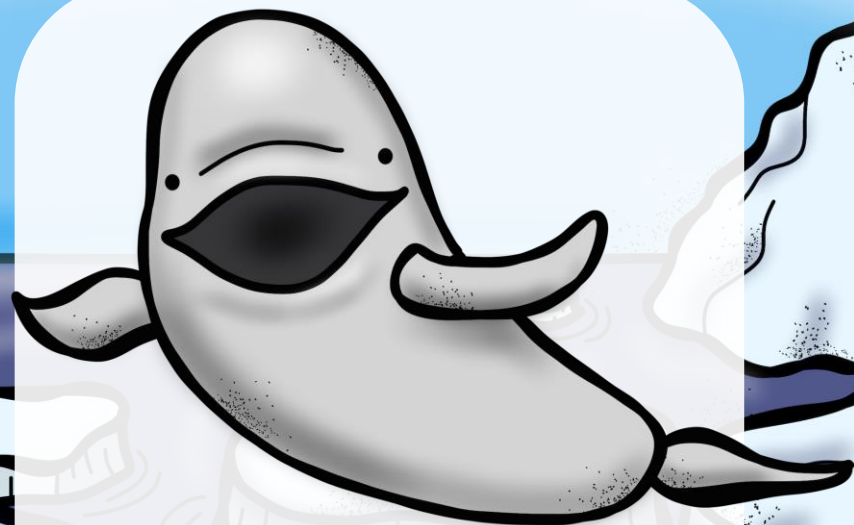
Walrus

Pink Oatmeal



Husky

Pink Oatmeal



Beluga

Pink Oatmeal

Walrus

1. Lay on your stomach.
2. Place your hands on the floor under your shoulders.
3. Pull your body along the floor by moving with your arms.

Puffin

1. Place knees together and turn your feet out.
2. You'll waddle like a puffin!

Beluga

1. Start laying flat on your tummy.
2. Lift your head off the floor and look straight ahead.
3. Reach your hands behind your back and clasp them together.
4. Hold this position.

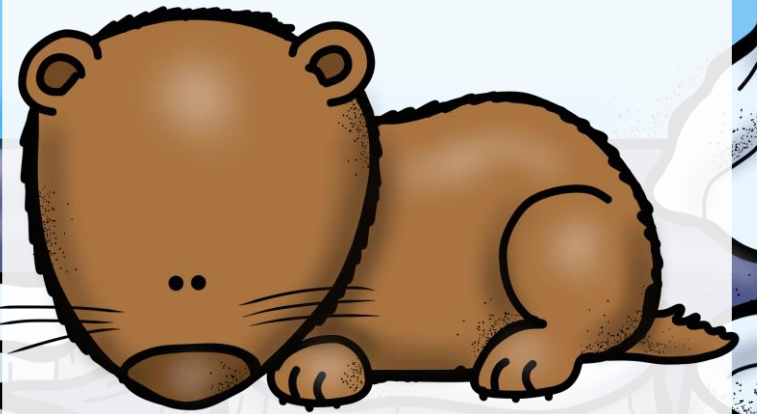
Husky

1. Start on hands and knees with your toes curled under.
2. Lift hips up towards the sky by straightening your legs (hands remain on the floor).
3. Let your head hang down.
4. Make sure to breathe.
5. Come out of position by lowering your knees back down to the floor.



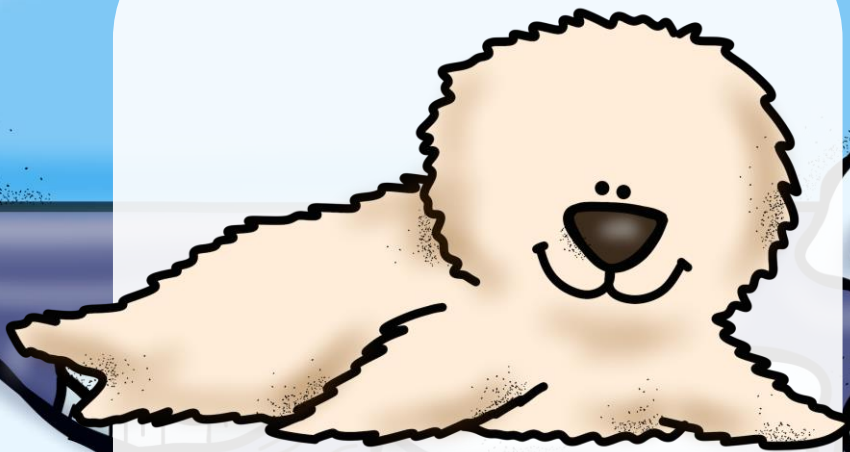
Reindeer

Pink Oatmeal



Lemming

Pink Oatmeal



Harp Seal

Pink Oatmeal



Arctic Fox

Pink Oatmeal

Lemming

1. Start out kneeling making sure you are sitting back on your heels.
2. Place your hands on your knees.
3. Spread your fingers out wide.
4. Take a deep breath in and raise up into tall kneeling.
5. Hold and lower back down. Repeat.

Arctic Fox

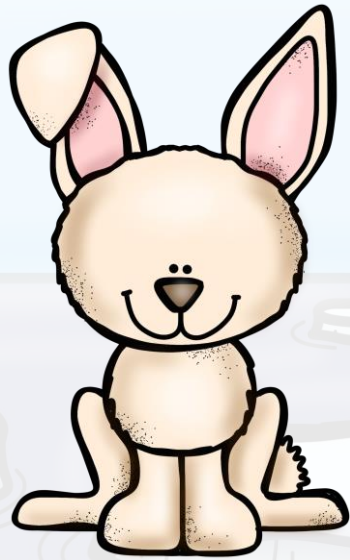
1. Start out on your hands and knees.
2. Reach your right arm in front of you.
3. Reach your left leg behind you.
4. Hold.
5. Repeat on the opposite side.
6. Continue repeating side to side.

Reindeer

1. Start seated on the floor with your back straight and legs in front of you.
2. Pull your right knee towards your body and place it over your left leg keeping your foot flat on the floor.
3. Twist your body towards your right side.
4. Place your left elbow on the outside of your right knee.
5. Let your right hand relax behind you.
6. Repeat on the opposite side.

Harp Seal

1. Lay flat on your tummy.
2. Place your hands under your shoulders.
3. Lift your chest off the floor.
4. Look up.
5. Hold.



Arctic Hare

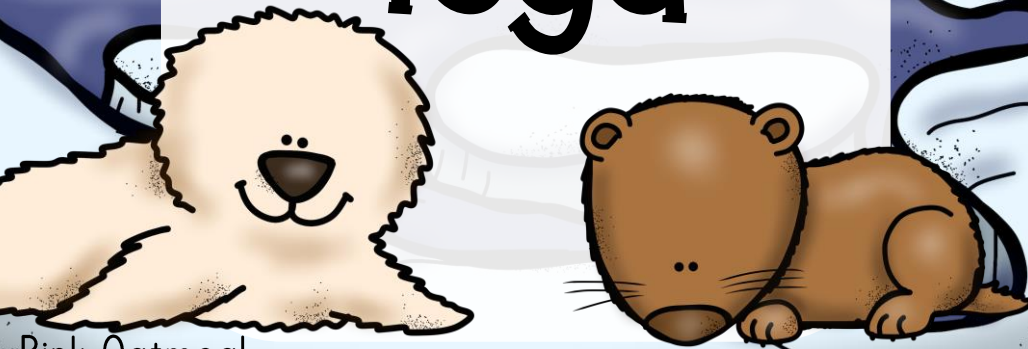
Pink Oatmeal



Arctic Wolf

Pink Oatmeal

Arctic Animal Yoga



Pink Oatmeal

Arctic Wolf

1. Lay flat on your back.
2. Lift both your legs up in the air.
3. Place both hands on your lower back to support the back.
4. Pedal legs up in the air like you are a running wolf.

Arctic Hare

1. Squat on the floor with your weight on your toes.
2. Spread your knees as far apart as you can.
3. Make sure your hands are in between your knees on the floor.
4. Hop up into the air and repeat.

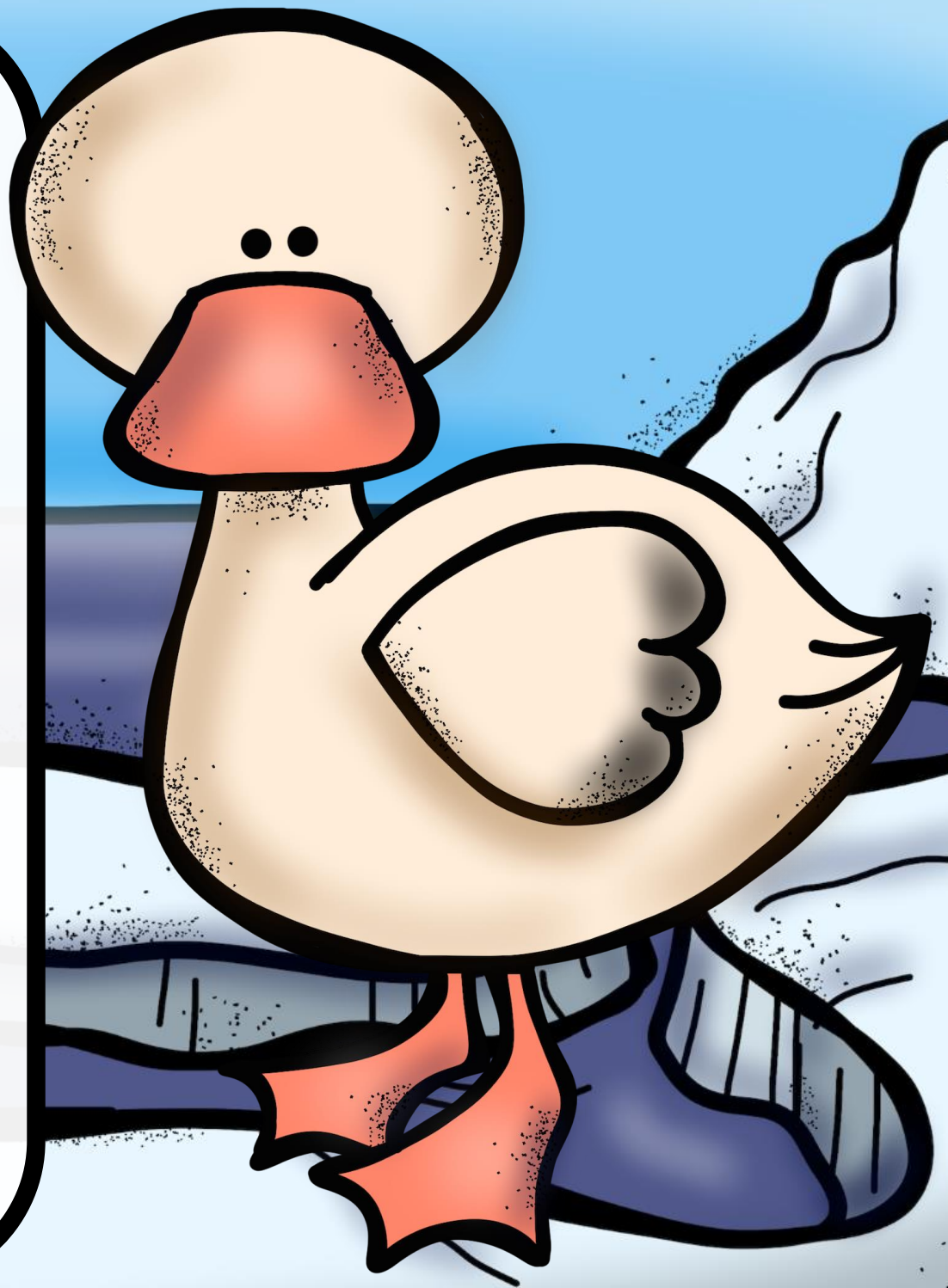
Polar Bear

1. Place hands and feet on the floor.
2. Walk forward on hands and feet without knees touching the floor.
3. Try walking backwards without touching your knees to the floor.
4. Make a ROARRRRRRR with a large open mouth!



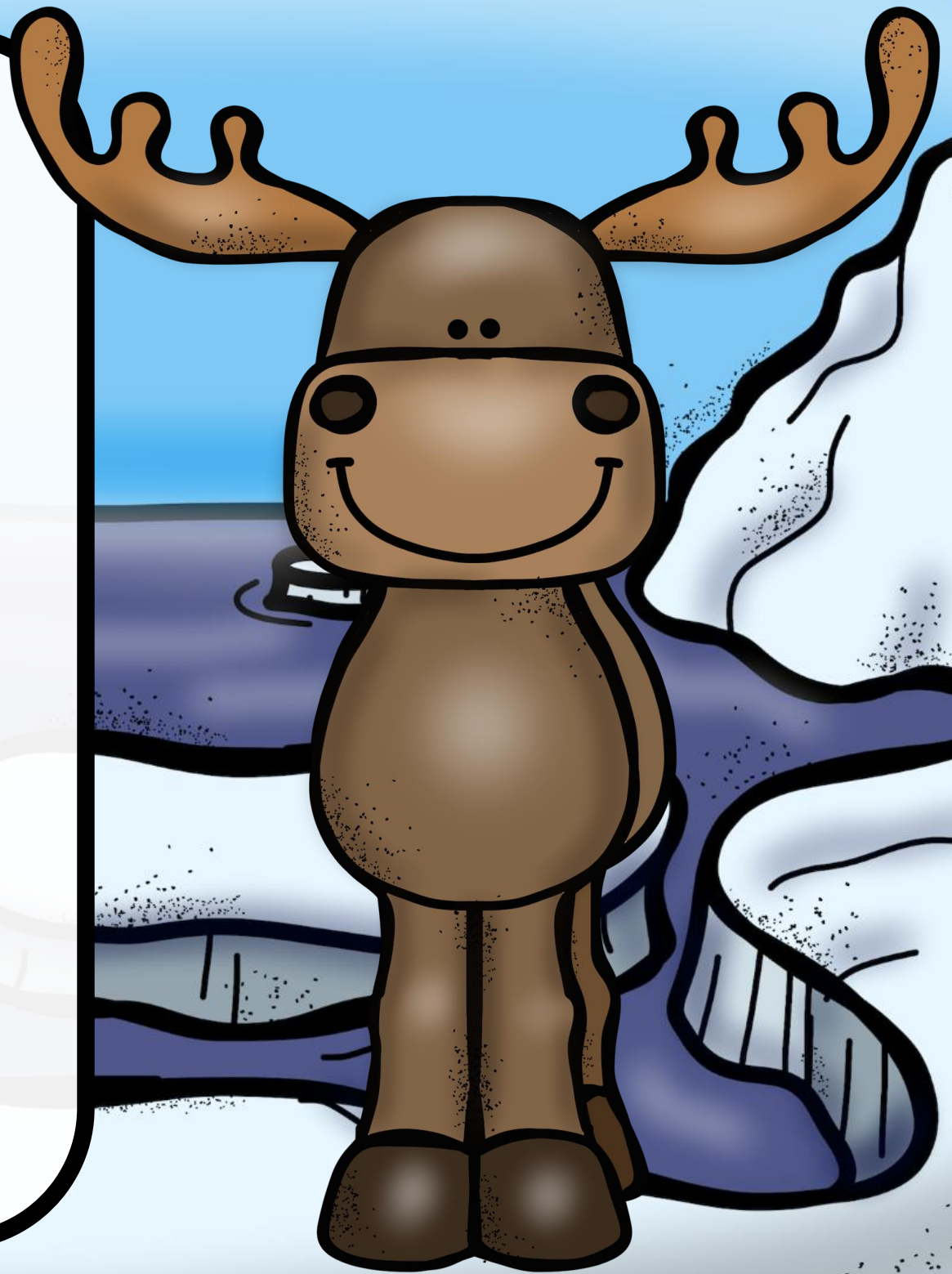
Snow Goose

1. Stand tall with your feet firmly on the floor.
2. Stand on one leg.
3. Reach behind and grab your opposite leg.
4. Bend forward at the hips.
5. Reach forward with your free hand if you can.
6. Try to stay balanced and breathe!



Moose

1. Stand tall with your feet together.
2. Reach your arms out to the side.
3. Move your right foot up your left leg turning your right leg out to the right as far as you feel comfortable.
4. Raise your arms up and make moose horns!
5. Repeat on the left side.



Snowy Owl

1. Stand tall with your feet together.
2. Reach your arms out to the sides.
3. Lean forward while lifting one leg behind you.
4. Flap your arms like a bird.
5. Don't forget to breathe!
6. Repeat on the opposite side.



Puffin

1. Place knees together and turn your feet out.
2. You'll waddle like a puffin!



Walrus

1. Lay on your stomach.
2. Place your hands on the floor under your shoulders.
3. Pull your body along the floor by moving with your arms.



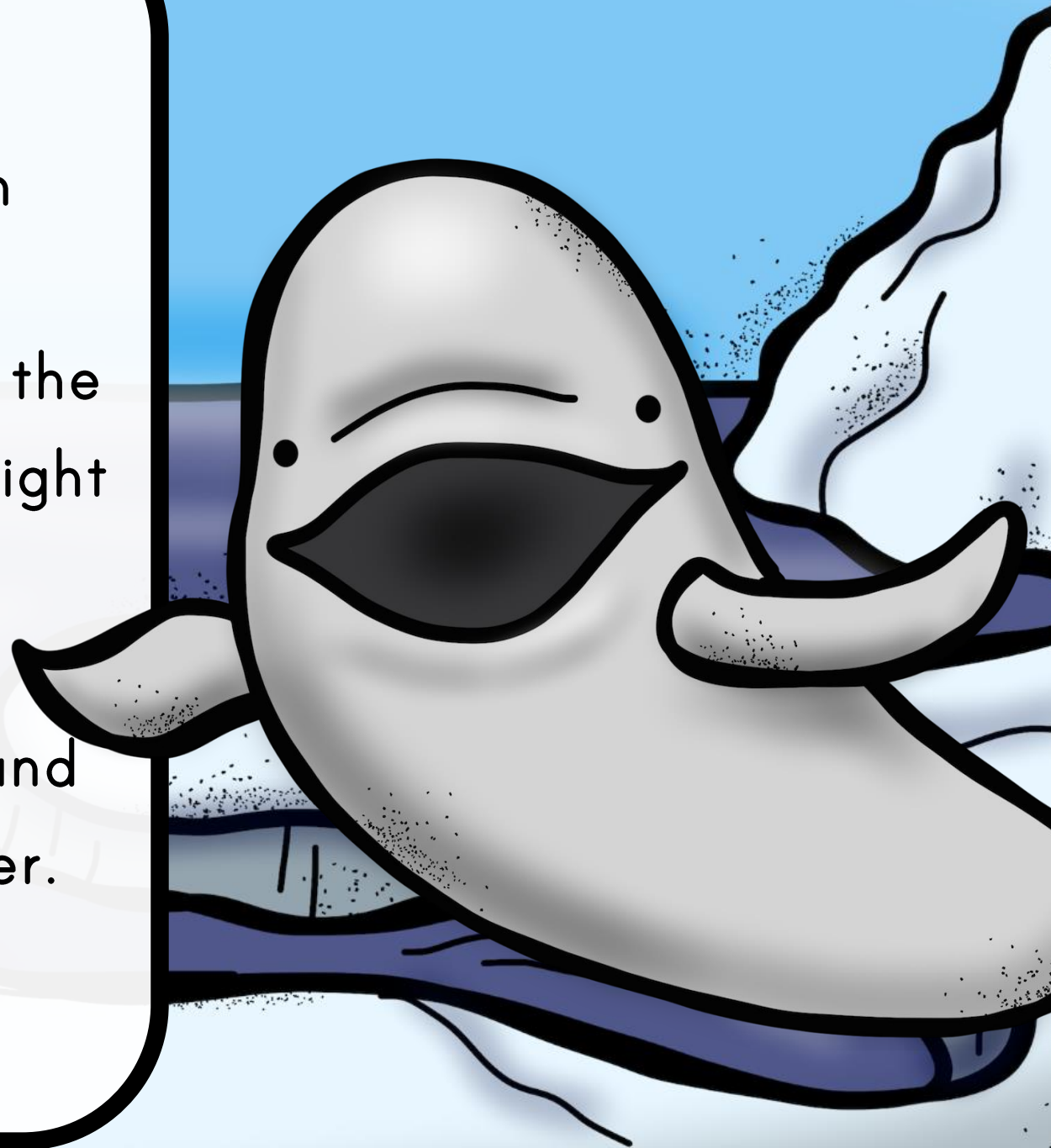
Husky

1. Start on hands and knees with your toes curled under.
2. Lift hips up towards the sky by straightening your legs (hands remain on the floor).
3. Let your head hang down.
4. Make sure to breathe.
5. Come out of position by lowering your knees back down to the floor.



Beluga

1. Start laying flat on your tummy.
2. Lift your head off the floor and look straight ahead.
3. Reach your hands behind your back and clasp them together.
4. Hold this position.



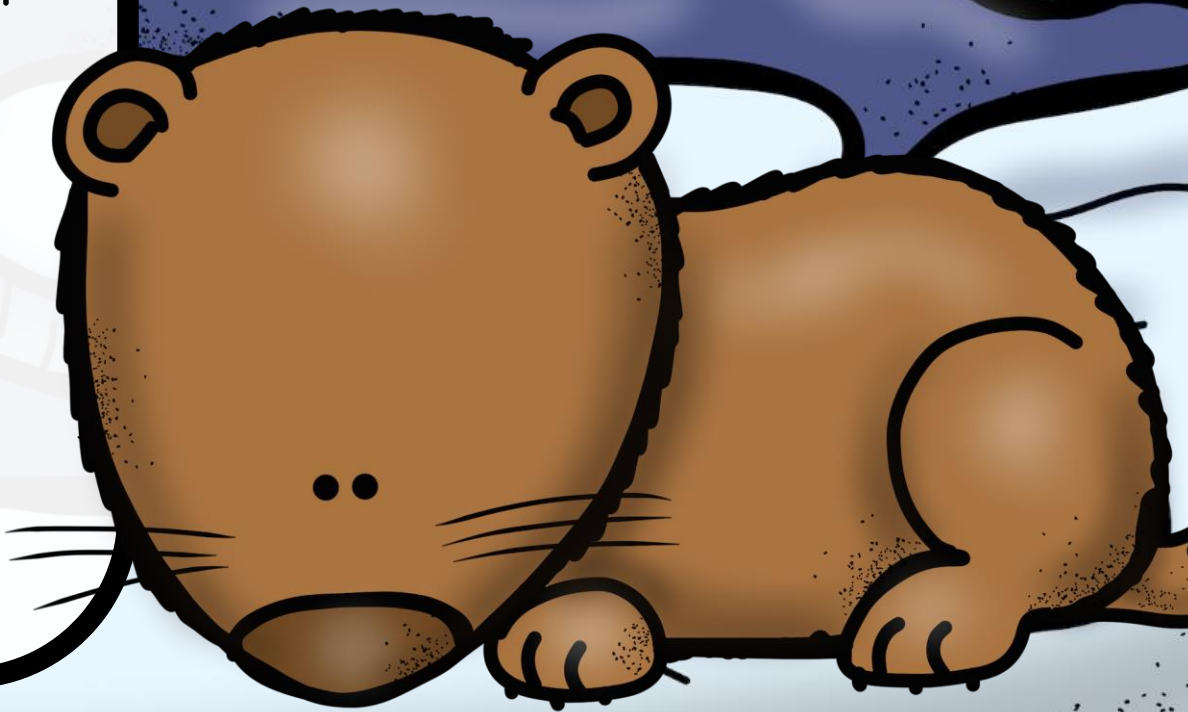
Reindeer

1. Start seated on the floor with your back straight and legs in front of you.
2. Pull your right knee towards your body and place it over your left leg keeping your foot flat on the floor.
3. Twist your body towards your right side.
4. Place your left elbow on the outside of your right knee.
5. Let your right hand relax behind you.
6. Repeat on the opposite side.



Lemming

1. Start out kneeling making sure you are sitting back on your heels.
2. Place your hands on your knees.
3. Spread your fingers out wide.
4. Take a deep breath in and raise up into tall kneeling.
5. Hold and lower back down. Repeat.



Harp Seal

1. Lay flat on your tummy.
2. Place your hands under your shoulders.
3. Lift your chest off the floor.
4. Look up.
5. Hold.



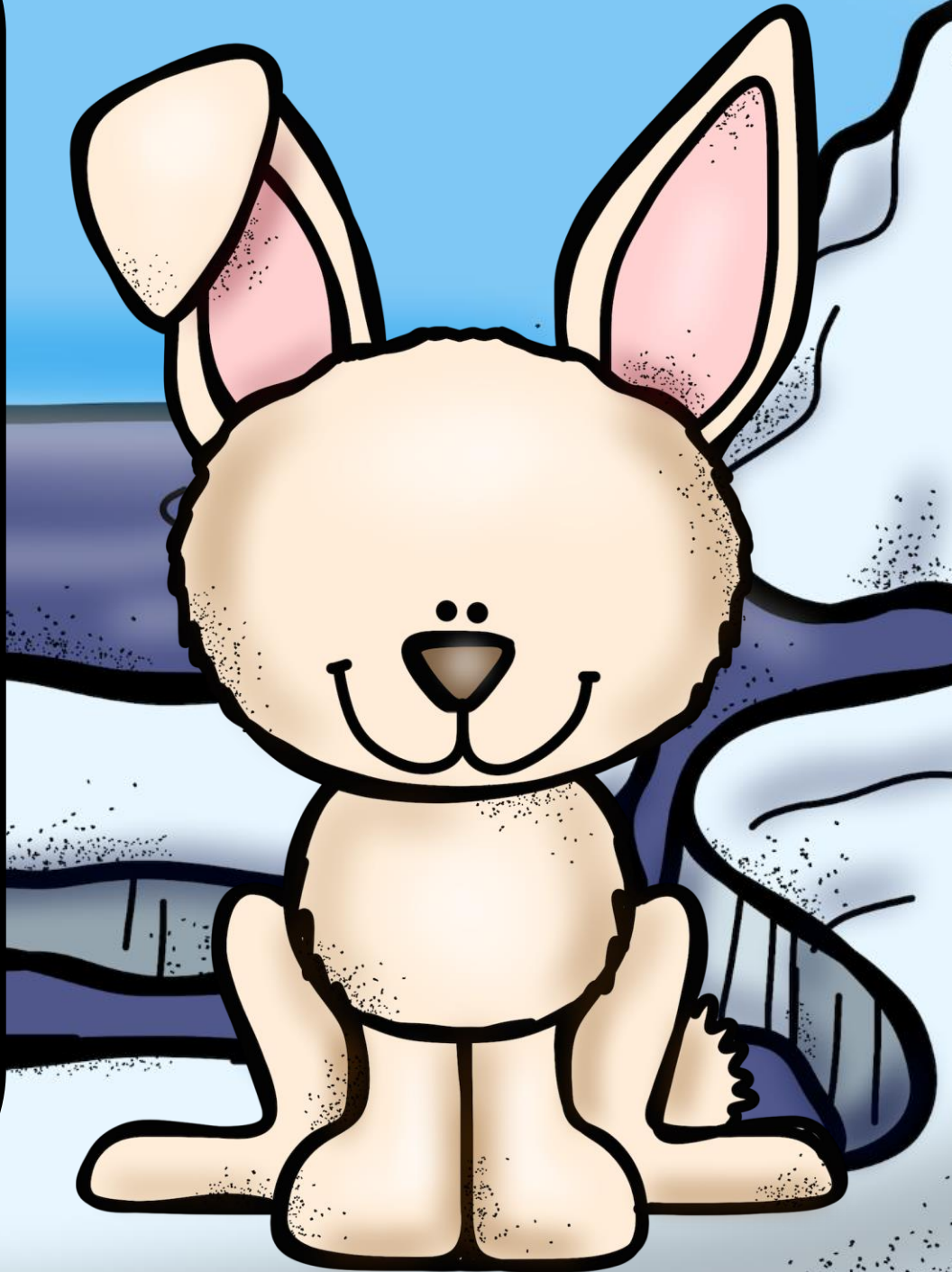
Arctic Fox

1. Start out on your hands and knees.
2. Reach your right arm in front of you.
3. Reach your left leg behind you.
4. Hold.
5. Repeat on the opposite side.
6. Continue repeating side to side.



Arctic Hare

1. Squat on the floor with your weight on your toes.
2. Spread your knees as far apart as you can.
3. Make sure your hands are in between your knees on the floor.
4. Hop up into the air and repeat.



Arctic Wolf

1. Lay flat on your back.
2. Lift both your legs up in the air.
3. Place both hands on your lower back to support the back.
4. Pedal legs up in the air like you are a running wolf.



Snow Goose

1. Stand tall with your feet firmly on the floor.
2. Stand on one leg.
3. Reach behind and grab your opposite leg.
4. Bend forward at the hips.
5. Reach forward with your free hand if you can.
6. Try to stay balanced and breathe!

Polar Bear

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1. Stand tall with your feet together.
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5. Don't forget to breathe!
6. Repeat on the opposite side.

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5. Let your right hand relax behind you.
6. Repeat on the opposite side.

Arctic Fox

1. Start out on your hands and knees.
2. Reach your right arm in front of you.
3. Reach your left leg behind you.
4. Hold.
5. Repeat on the opposite side.
6. Continue repeating side to side.

Harp Seal

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2. Place your hands under your shoulders.
3. Lift your chest off the floor.
4. Look up.
5. Hold.

Arctic Wolf

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3. Place both hands on your lower back to support the back.
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Arctic Hare

1. Squat on the floor with your weight on your toes.
2. Spread your knees as far apart as you can.
3. Make sure your hands are in between your knees on the floor.
4. Hop up into the air and repeat.

Credits

