

Toddler Yoga



A playful activity that combines **movement**, **songs**,
breathing, **imagination** and **relaxation**.

GROUNDING

- Sit together & hold hands
- Take **3** slow breaths

Say: "We breathe together"

Benefit: Helps children settle and shift into calm focus.



WARM-UP

- Wiggly Fingers & Toes
- Stretching Sunshine Arms – lift arms up and down like the sun rising. Wave to the sky.

Benefit: Prepares joints and muscles; builds body awareness.



TREE POSE

Stand tall with feet slightly apart and strong. Put arms overhead. Sway gently like a tree in the wind.

Supports balance and vestibular development.



BUTTERFLY POSE

Sit together on the floor. Bring the soles of your feet together. Hold your feet. Gently flap your knees like butterfly wings.

Ask: "Where is your butterfly flying today?"

Supports: Hip flexibility and imagination.



STAR POSE

Stand tall, stretch arms and legs wide. Shine like the brightest star.

Supports: Confidence and posture.



PARTNER POSES

BOAT TOGETHER

Sit facing each other, hold hands, rock gently.

Supports core strength and connection.



BUNNY HOPS

Small, soft hops holding hands.

Builds coordination, balance, concentration and leg strength.

Encourages exploration and spatial awareness.



RELAXATION

Lie down together. Imagine floating on a fluffy cloud.

Ask your child:

What colour is your cloud?

Can you hear the birds?

Is the sun warm?



Stay still for one minute before finishing with a cuddle or high five.



BALLOON BREATH

Pretend to blow up a balloon with big breaths.

Teaches breath awareness and emotional regulation.



DEVELOPMENTAL BENEFITS



Language & communication



Balance & coordination



Emotional regulation



Parent-child bonding



Imagination & creativity

Created by:

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