

# Health and Wellbeing

## Yoga Activities EYFS/KS1

### Snake Pose: Salabhasana

<b>Benefits</b>	Strengthens spine and backs of arms and legs; stretches shoulders, chest, and belly; improves posture; helps relieve stress.
<b>1</b>	Begin by lying on your tummy.
<b>2</b>	Exhale, and lift your head and upper torso off the floor.
<b>3</b>	Gaze forward or slightly upward.
<b>4</b>	Hold this position, then release.



### Cat Cow Pose: Marjaryasana Bitilasana

<b>Benefits</b>	Stretches torso and neck, gently massages spine and internal organs.
<b>1</b>	Start by kneeling on hands and knees. Make sure hands are below shoulders, and knees are below hips.
<b>2</b>	Inhale, look up to the ceiling, and allow your belly to sink toward the floor.
<b>3</b>	Exhale, round your back towards the ceiling, and look at your belly.
<b>4</b>	Repeat.



### Lion Pose: Simhasana

<b>Benefits</b>	Stretches the hips, thighs, and ankles; calms the mind; relieves stress and fatigue.
<b>1</b>	Start on your knees, then sit back onto your heels.
<b>2</b>	Spread your fingers out and press your palms into your knees.
<b>3</b>	Take a deep breath in through your nose.
<b>4</b>	Open your mouth, stretch out your tongue, open your eyes wide, and let out your breath through your mouth with a <b>silent</b> "ROAR".
<b>5</b>	Repeat a few times.



### Resting Pose: Savasana

<b>Benefits</b>	Calms the body and mind, helps relieve stress, headaches and fatigue.
<b>1</b>	Lay down on your back, with arms next to your body and legs slightly apart.
<b>2</b>	Close your eyes, focus on deep breathing and relaxation. For full benefit, relax for 2-5 minutes depending on age.

