

LION POSE



How to introduce Lion to kids:

- Begin on the floor, sitting back with shins on the ground.
- Make lion paws and press your paws into the floor in front of you.
- Take a deep breath in.
- Make a “Hah” sound, stick out your tongue and open your mouth and eyes as wide as you can as you exhale.



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Benefits to body:

Releases tension in the back, face and neck, particularly in kids' jaws.

Helps strengthen wrists and hands.

Benefits to mind:

Deep breathing brings kids into the present moment and calms the nervous system. Being a bit silly also releases emotional tension. The chance to feel like a lion can feel empowering, too.