

Jungle Yoga

Preparation and Safety

Age 3-11

National Curriculum Develop balance, agility and coordination.

Time Approximately 20 minutes but this can be flexible, according to age.

Preparation Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have some jungle-themed toys or pictures to promote discussion.

Safety

Remind the participants of the safety rules.

- **Adapt:** Make poses easier if your breathing isn't smooth.
- **Breathe evenly:** Take easy breaths in each pose.
- **Enjoy it:** Move in a way that feels good. If it hurts at any point, stop.
- **Keep safe:** Don't touch others and use support where necessary.

Red-Eyed Frog

1

This pose will stretch your hips. Lift your hips higher if it feels uncomfortable at any point.

1. Stand up tall with your feet a little apart and toes pointing out.
2. Slide your hands down your legs and bend your knees.
3. Sink your hips towards the floor.
4. Place your palms on your thighs or on to the floor.
5. Now press into your feet to come back to standing.
6. Repeat this pose twice.



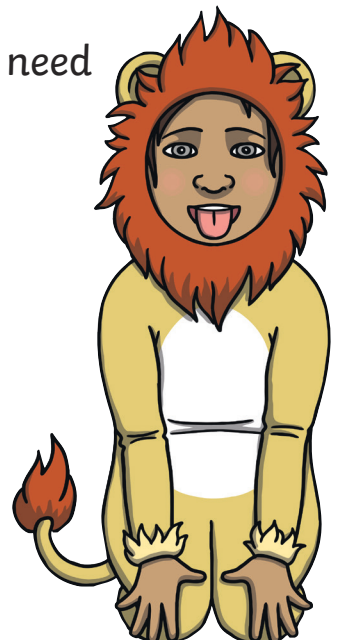
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Lion

2

This pose will use your shoulders and breathing. Your shoulders will press down towards the floor. Raise your hips away from your feet if you are uncomfortable at any point.

1. Start by kneeling with your hips as high as you need them to be.
2. Slide your palms down your thighs.
3. As you breathe out, press your shoulders down.
4. Make your hands into claws.
5. Make a silent roar.
6. Now come back up and be a friendly lion.
7. Do this again if you would like to.



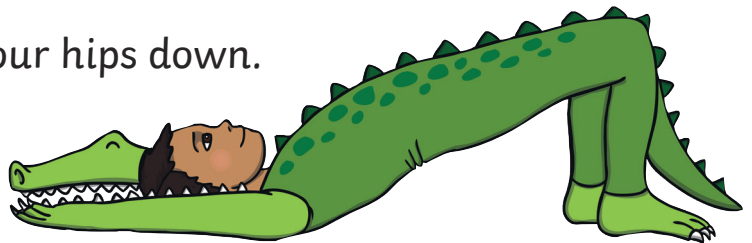
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Crocodile

3

This pose lifts your hips higher than your heart. Your shoulders stay down while your feet and legs stay strong. Lower your hips if you need to.

1. Lie on your back.
2. Bring your feet close to your hips.
3. Press into your feet to lift your hips.
4. Stretch your hands overhead and on to the floor. Imagine your arms are crocodile jaws.
5. Keep your shoulders relaxed and breathe.
6. Now, slowly and gently bring your hips down.
7. Repeat this pose if you would like to.



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Boa Constrictor

4

This pose needs a strong tummy and back. Keep closer to the floor if you're not sure or if you are uncomfortable at any point.

1. Move smoothly and gently.
2. Start on your tummy.
3. Hands are under your shoulders.
4. Elbows are close to your body.
5. Press into your hands to come up a little. Taste the air like a snake.
6. Rest down.
7. This time come up a little higher as you breathe in.
8. Light up your beady snake eyes, then come down to rest.
9. Repeat this pose if it feels good.



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Giraffe

5

This pose will help you to balance. Your feet need to be steady on the ground. If you wobble, come back to standing and make sure not to touch anyone.

1. Start in standing.
2. Step one foot forwards.
3. Keep both feet steady on the floor.
4. Float your hands up overhead and get tall.
5. Now, come on to your tiptoe hooves – try not to wobble!
6. Bring your feet flat on to the floor.
7. Repeat this pose if you would like to.



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Orangutan

6

This pose helps your spine twist as you move your head gently and smoothly. Your bottom needs to stay even on the floor.

1. Sit with your feet out in front.
2. Bring your orangutan feet together so the soles of your feet touch.
3. Twist your tummy round and move your long orangutan arms.
4. Let your hand rest on your opposite knee.
5. Your free hand can, light as a feather, rest on the floor.
6. Breathe and enjoy the pose.
7. Smoothly, come back out of the pose.
8. Repeat this on the other side.



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This pose will stretch your chest. Move in a way that is comfortable for you. Move your arms less if it feels better.

1. Start in standing with one foot forwards.
2. Let your back, shoulders and one hand come down.
3. Imagine one hand is your long trunk and that you can suck up marshmallows.
4. Now, sweep your trunk towards your mouth to drop in the marshmallows as you come back up.
5. Then bring your trunk down.
6. Breathe and enjoy the pose.
7. Repeat this pose on the other side of your body.

