

## KDS YOGA

These yoga poses can be used in various ways. In most sensory motor groups, our students will hold each pose for 10 seconds and perform 1-3 repetitions of each pose. You can give your child a choice of two poses to encourage active participation in this activity. For our students who require less assistance with their yoga poses, they may be able to perform a yoga “flow”, moving from one pose to another (3+) without stopping. These cards can also be used as a quick motor or sensory break; use just one or two poses between other activities to help focus, energize, or relax. The Do Nothing Doll is a crowd-favorite and should be saved until the end of the yoga session. This is helpful for your child to relax and will likely be a familiar last pose, which may assist him/her in transitioning to the next activity. All other poses may be performed in any order.

Some poses may be more difficult than others. None of these positions should be painful. If a child cannot perform a pose, encourage movement towards the general shape. If your child requires hands-on assistance, provide gentle movements and do not push past resistance. Adult supervision should be provided throughout this activity. Please contact your PT or OT directly for any specific questions or concerns.

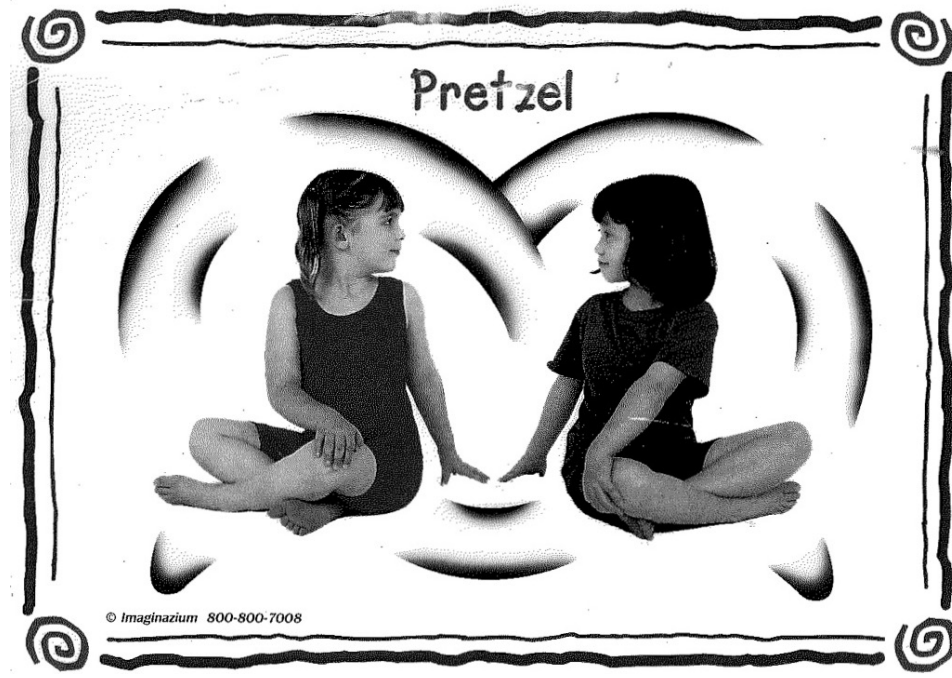
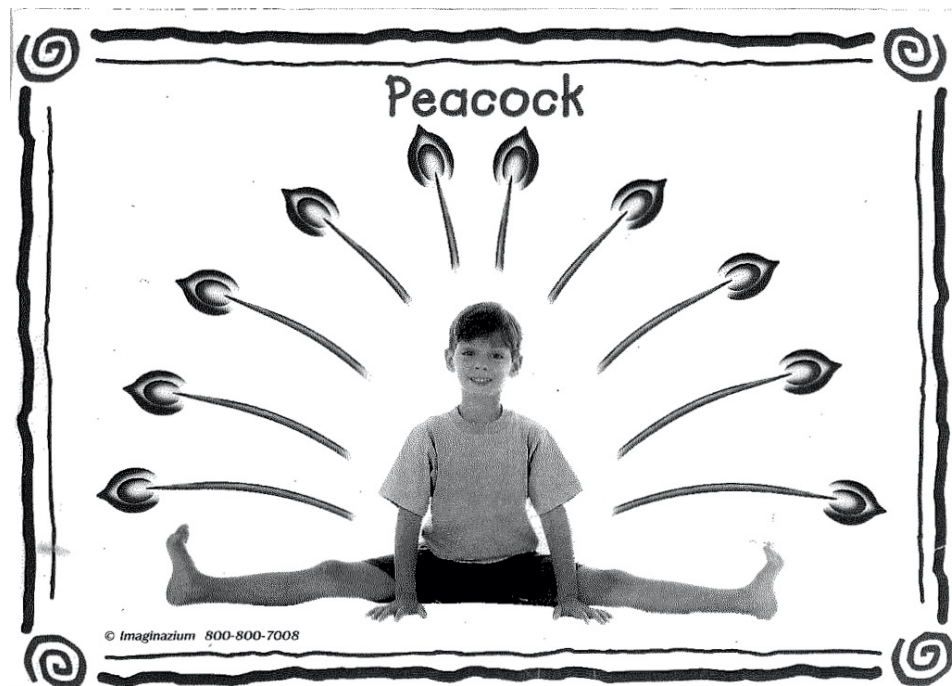
A forgiving surface (carpet, yoga or floor mat) is recommended. If you do not have adequate floor space, these poses can be modified and performed in a wheelchair.

Begin with slow, deep breathing in a comfortable seated or supine (laying on one’s back) position. Have your child raise their hands overhead (with assistance if needed) and look up to the sky while inhaling and lower arms while exhaling. Repeat 5-10 times.

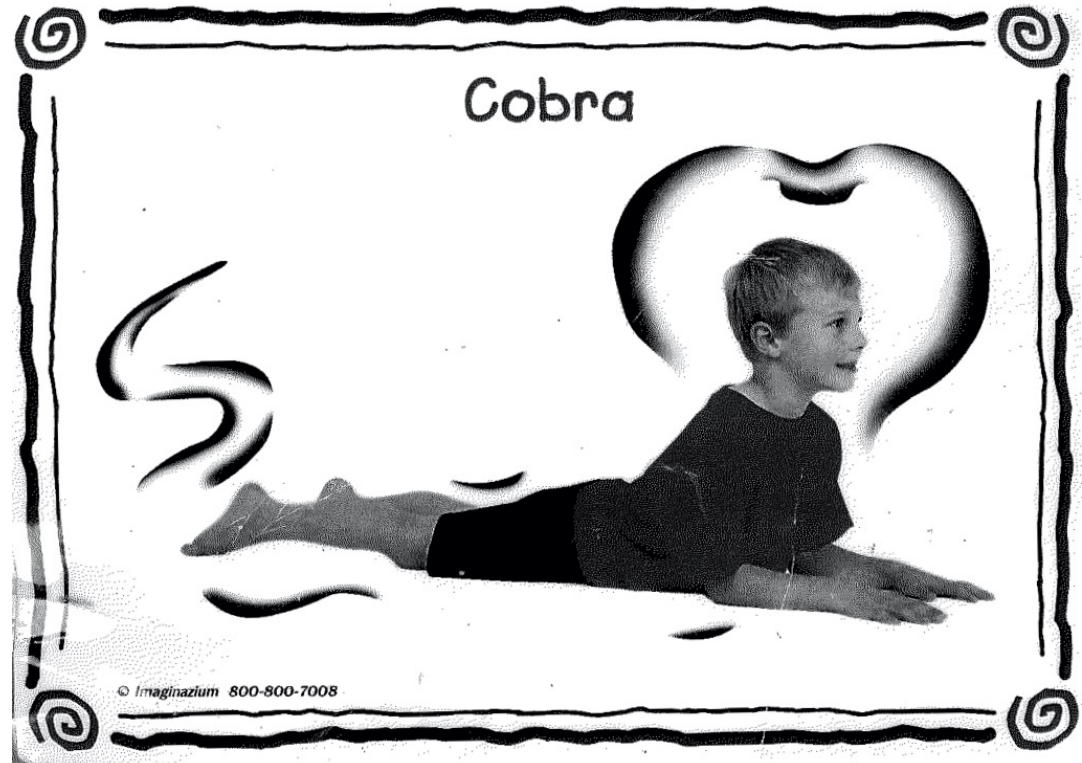
Butterfly: Your child may need support to maintain a seated position. If he/she is unable to sit, this may be performed supine. Your child may perform only the arms or legs component of this pose depending on their range of motion and tone. If able, perform flapping motion with arms

Peacock: Your child may need support to maintain a seated position. If he/she is unable to sit, this may be performed in supine. While stretching legs wide, keep knees pointed up to ceiling and don't let feet "fall" in or out

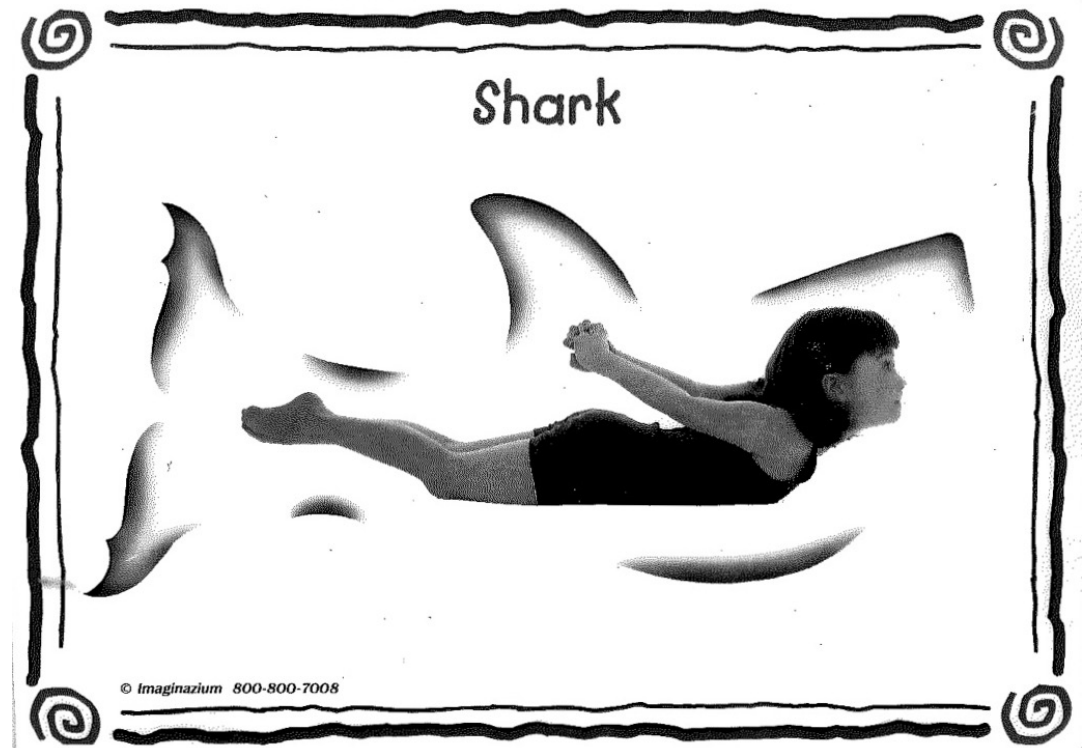
Pretzel: Your child may need support to maintain a seated position. If he/she is unable to sit, this may be performed in supine by reaching with the arms across the body



Cobra: If your child is unable to push up on their elbows, they may lie on their belly. If your child is unable to go on their belly, you can place their arms out to either side (in a cross position) in a supine or seated position for a chest opening stretch.

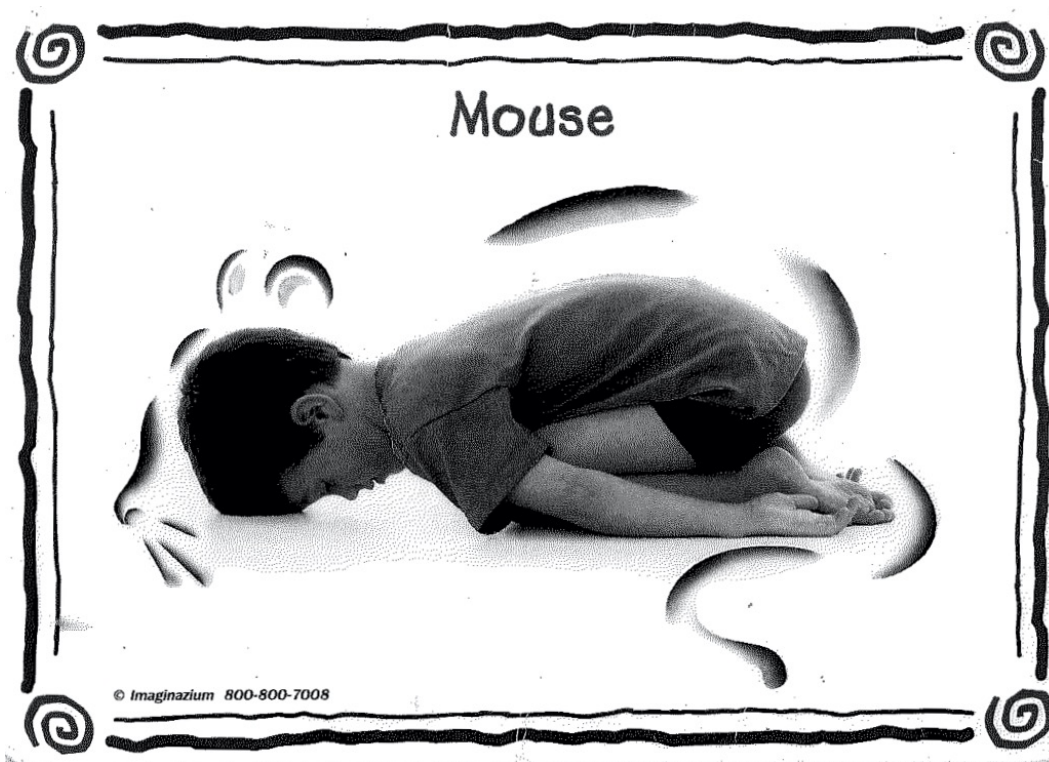


Shark: If your child is unable to lift their trunk from the floor, they may lie on their belly with arms by their side. If your child is unable to go on their belly, you can place a thinly rolled towel under their back along the spine in supine or sitting in a wheelchair for a similar stretch.



Mouse: If your child is unable to assume this position, they may lie on their back with knees hugged towards their chest.

Squirrel: Your child may need support to maintain a kneeling position. If he/she is unable to kneel, this may be performed in sitting or supine, completing the arm component only.



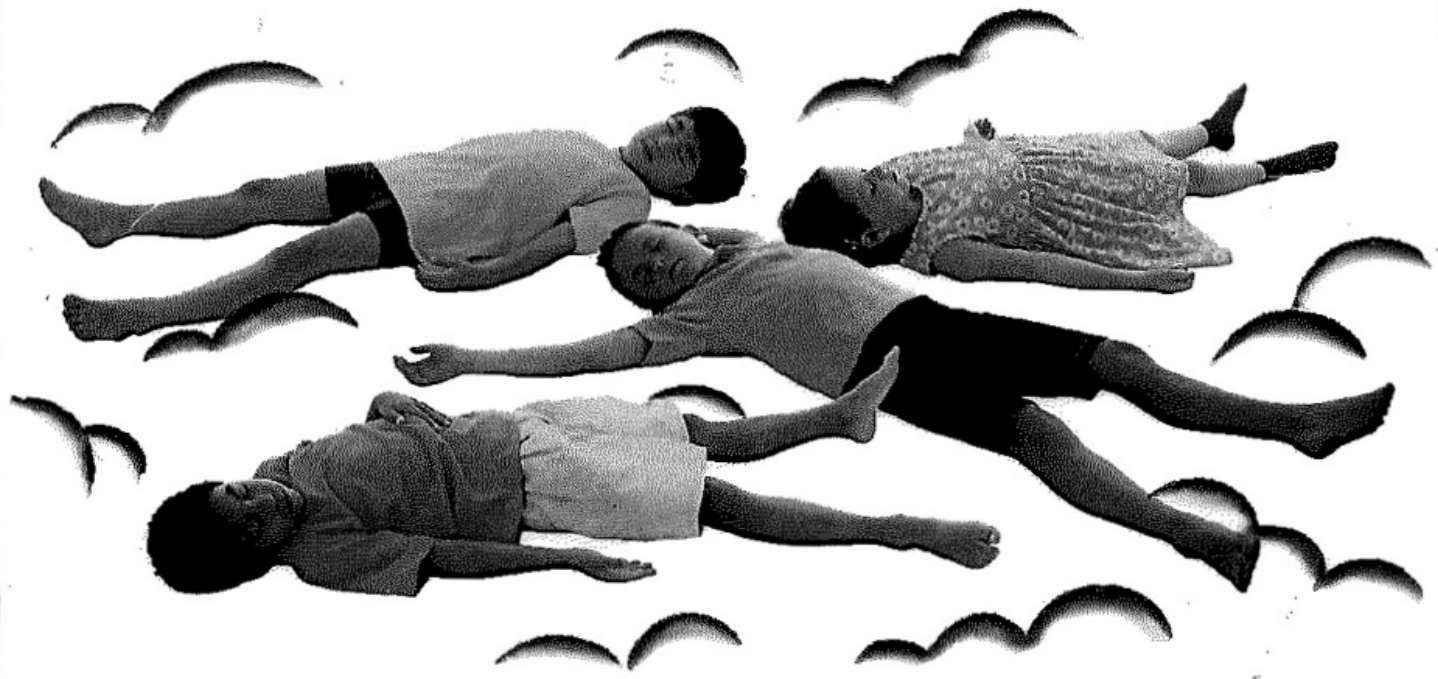


Tree: Your child may need support to maintain standing balance. If your child is unable to stand, they may perform the arm and/or leg components in a supine or seated position.

Waterfall: Your child may need support to maintain standing balance. If your child is unable to stand, they may raise their arms overhead in a supine or seated position.



# Do Nothing Doll



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Do Nothing Doll: Relaxation time! Consider turning the lights off or playing calming music. Use your child's energy level to guide the amount of time in this position and any environmental modifications.