

# Animal Yoga

Find an open space in any room of your house to stretch and move like animals. Animal yoga is a popular motor activity in our toddler program that focuses on balance, crossing the midline, and working on big body movements. We also introduce the idea of taking deep breaths, which is a strategy used to help calm our bodies when we are upset.

## Extension Ideas:

What sounds do the animals make?

How do they move around in their natural environment?

Can you make up your own poses for other animals?

