



Fairy Tale 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 fairy and football-themed toys or pictures to promote discussion.

Remind the participants of the safety rules.

### Safety

- **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.

## Butterfly

1

This pose will gently stretch your hips. To stay safe and comfortable, make sure you don't feel a stretch in your knees.

1. Start in sitting with your knees slightly bent.
2. Bring the soles of your feet together.
3. Let your legs widen so that your knees fall towards the floor.
4. Keep sitting up tall.
5. As you breathe in, lift your knees.
6. As you breathe out, let your knees sink.
7. Do this again if you would like.



## Worm

2

This pose will stretch your upper back and shoulders. To make the pose feel more comfortable, cross your arms lower down.

1. Start in a standing position.
2. Straighten your arms and then cross them at the elbows.
3. Bend your forearms in and bring your hands together.
4. See if your palms want to touch one another.
5. If you would like to, cross one leg over the other.
6. Gently spread your arms wide and unfold your legs to come out of the pose.
7. Do this again with the opposite arm and leg on top.



## Ladybird

3

This pose will turn you upside down. Keep your knees soft and make sure your back feels comfortable at all times.

1. Start in standing.
2. Take your feet out wide and slightly bend your knees.
3. Make sure your feet are strong on the floor.
4. Slide your hands down your legs towards the floor.
5. Lift your hips up towards the ceiling.
6. Bend your knees and lift up to come back to standing.
7. Do this again if you want to.

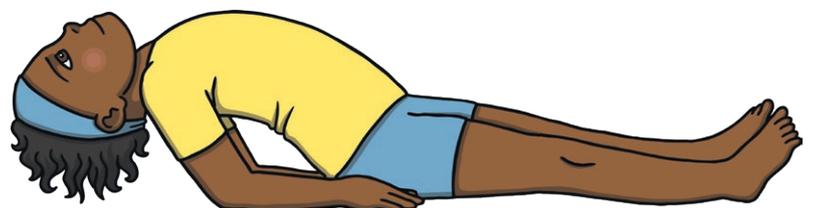


## Fish

4

This pose gently bends your spine back. To make it more comfortable, don't lift your shoulders as high and focus on your breathing.

1. Start by lying down on your back with your legs together.
2. Place your arms very close to the side of your body.
3. Press into your elbows and lift your chest.
4. Keep your head on the floor as you lift your chest.
5. Slide your shoulders on to the ground again.
6. Do this again if you would like to.



**Dragonfly****5**

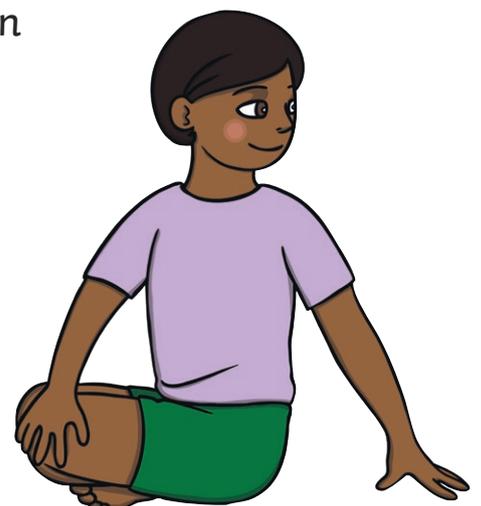
This pose will help you balance. If you wobble, come back to standing or put your hand on a support, such as the wall or a chair. Remember that we do not touch anyone else during yoga.

1. Start in standing. Make sure you are nice and tall.
2. Wrap one leg over and around the other.
3. Take your arms out wide.
4. Breathe in and out easily and gently for a while.
5. Then, unwrap your legs and come back to standing.
6. Do this again with the opposite leg on top.

**Mouse****6**

This pose helps your spine to be flexible. To make it more comfortable, don't twist your body as much.

1. Start by sitting comfortably.
2. Cross your legs.
3. Take one hand on to the opposite thigh and then twist around.
4. Lift your tummy as you twist around to one side.
5. Now, twist smoothly to the other side.
6. Come back to the front, slowly and smoothly.
7. Repeat this pose with the opposite leg on top as you cross them.



This pose will fold your spine forwards. Make sure your knees are slightly bent at all times.

1. Start in sitting with your knees bent.
2. Slide your hands down your legs and fold your body forwards.
3. Allow your tummy to come closer to your thighs.
4. Allow your head to become heavy.
5. Walk your hands back up your legs to come back to sitting.
6. Do this again if you would like to.

