



REBOOT YOUR BRAIN

COUNSELING & COACHING

Children's Calm & Move Cards

Simple yoga-inspired movement and breathing activities for children and caregivers.

How to use the cards

Pick one or two cards when a child needs movement, a transition, a calming pause, or a playful way to reconnect with their body. Keep the tone light and never force a pose. Movement should feel comfortable.

Adult supervision: Adapt or skip any activity that causes pain, dizziness, distress, or feels unsafe. These cards are educational wellness tools and are not medical treatment.

Print, cut, and keep them somewhere easy to reach.



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MOUNTAIN

Stand tall with feet steady. Let arms rest by your sides. Take 3 slow breaths and imagine your feet growing roots.

Breathe. Notice. No perfect pose needed.

STAR

Step feet wide and stretch arms out. Make your body a big star. Breathe in as you reach; breathe out as you soften.

Breathe. Notice. No perfect pose needed.

TREE

Stand tall. Place one foot low on the opposite leg or keep toes on the floor. Use a wall for support. Switch sides.

Breathe. Notice. No perfect pose needed.

BUTTERFLY

Sit with the bottoms of your feet together. Hold your ankles and gently let your knees move like butterfly wings.

Breathe. Notice. No perfect pose needed.



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CAT - COW

On hands and knees, round your back like a cat as you breathe out. Gently lift your chest as you breathe in.

Breathe. Notice. No perfect pose needed.

CHILD'S POSE

Kneel and sit back toward your heels. Reach arms forward or rest them by your sides. Take 3 slow breaths.

Breathe. Notice. No perfect pose needed.

BALLOON BREATH

Put hands on your belly. Breathe in slowly as if your belly is a balloon filling up. Breathe out and let it soften.

Breathe. Notice. No perfect pose needed.

SHAKE & FREEZE

Shake your hands, shoulders, legs, and whole body for 10 seconds. Freeze like a statue. Notice how your body feels.

Breathe. Notice. No perfect pose needed.