

Calmer
Kids
Brighter
Days



Reboot *Your* Brain
— COUNSELING & COACHING —

Breathe
Move
Be Kind
You Got This



Printable Yoga Cards for Kids

Mindful movement for calm, focus, and fun. ♥

Mountain



Stand tall, feet on the ground, and feel strong like a mountain.

Butterfly



Sit, bring the soles of your feet together, and gently flap your knees like wings.

Cat



On hands and knees, round your back like a happy cat.

Cow



On hands and knees, let your belly drop and look up to the sky.

Warrior



Step one foot back, bend your front knee, and reach your arms wide like a brave warrior.

Tree



Stand on one foot, place the other foot on your leg, and find your balance like a tree.

Cobra



Lie on your tummy, press your hands into the ground, and lift your chest like a little cobra.

Child's Pose



Kneel, reach your arms forward, and take a deep breath as you rest.

HAPPIER MINDS ♥ BRIGHTER TOMORROWS



Small
Steps
Big Change





Movement Cards for Children: Caregiver Guide

Readable companion to the illustrated poster on page 1

Choose any prompt that fits; the illustration is for visual reference, and this page provides a clear, accessible text version.

Mountain

Stand comfortably with your feet planted and notice your balance.

Butterfly

Sit with the soles of your feet together if comfortable. Rest your knees without pushing them down.

Cat and cow

On hands and knees if comfortable, round your back gently and then return to a neutral spine.

Warrior

Take a comfortable step forward and extend your arms in any direction that feels balanced.

Tree

Stand on one leg with a hand on a chair or wall for support. Keep your lifted foot away from the knee joint.

Cobra and rest

If comfortable on your belly, press gently through your hands to lift your chest slightly; return to a resting position at any time.

For children, adults should supervise activities and adapt movement to comfort and ability. These handouts are educational tools, not individualized treatment or emergency support.