

# Prairie Yoga for Kids

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Yoga named after prairie animals.  
Learn some fun yoga poses *and*  
interesting animal facts.

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# Great Blue Heron



Great Blue Herons are wading birds that hunt for fish and frogs near the edges of prairie ponds.

1. Begin by standing tall, arms by your sides, shoulders back.
2. Hold your arms out to either side.
3. When you feel balanced, lean forward, lifting one leg straight behind you.
4. Hold pose for a couple of breaths, then return your leg to the ground and your arms to your sides.
5. Repeat with your opposite leg.
6. Keep switching legs, work up to holding each side for 10 seconds.

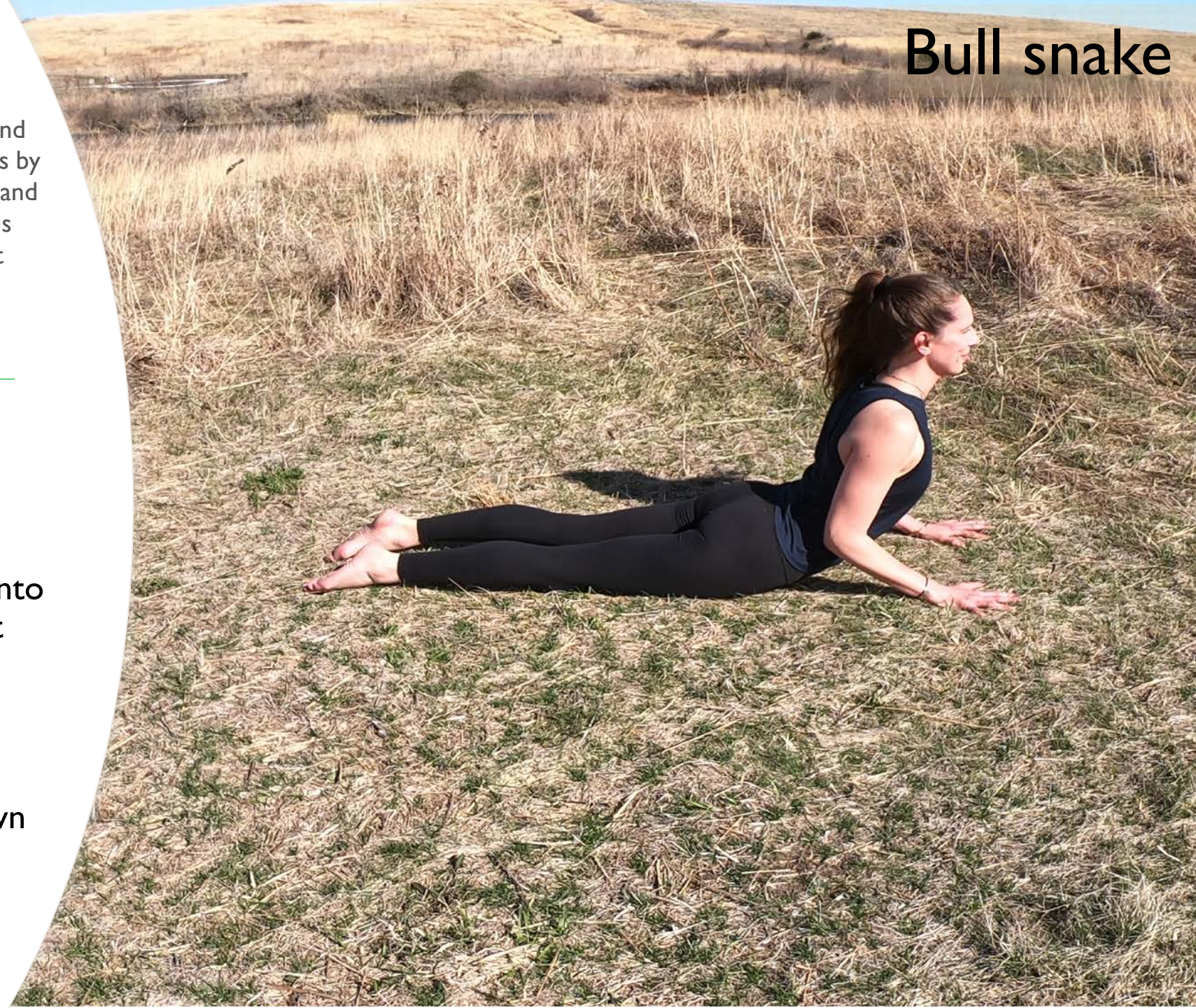






Bull snakes pretend to be rattlesnakes by shaking their tail and loudly hissing. This scares away most predators, and people too!

1. Lie on your belly, face down.
2. Place your palms next to your shoulders
3. Take a big breath in, press palms into the ground while you press up, lift your head and chest at the same time.
4. Stay here for about 10 seconds.
5. Exhale slowly and come back down to your belly.
6. Repeat up to 5 times in a row!







Coyotes once lived mostly in prairies and deserts, but today they live almost everywhere, including big cities!

1. Begin on your hands and knees, back flat (Table Top pose).
2. Curl your toes under, straighten your knees, and lift your hips high to the sky.
3. Keep your head between your arms.
4. Stay here for about 10 seconds.
5. When you are ready, lower your knees to the ground, back to Table Top pose.
6. Repeat up to 5 times in a row!







Copes Gray Tree  
Frogs can change  
color, from gray to  
bright green, tan,  
or brown.  
They also have  
sticky pads on  
their toes!

1. Begin by standing tall, arms by your side, shoulders back.
2. Step your feet wide apart.
3. Bend your knees, send your tailbone down toward the ground.
4. Place your hands on the ground between your feet.
5. Stay here for a few full breaths.







Bobcats are twice as big as house cats and have a short tail. They mostly eat small animals like mice, squirrels and birds.

1. Begin on your hands and knees, back flat (Table Top pose).
2. Take in a big slow breath.
3. Then, as you slowly breath out, round your back towards the sky and look at your belly, tuck your chin.
4. Slowly breath in as you come back to Table Top pose.
5. Repeat as many times as you want!

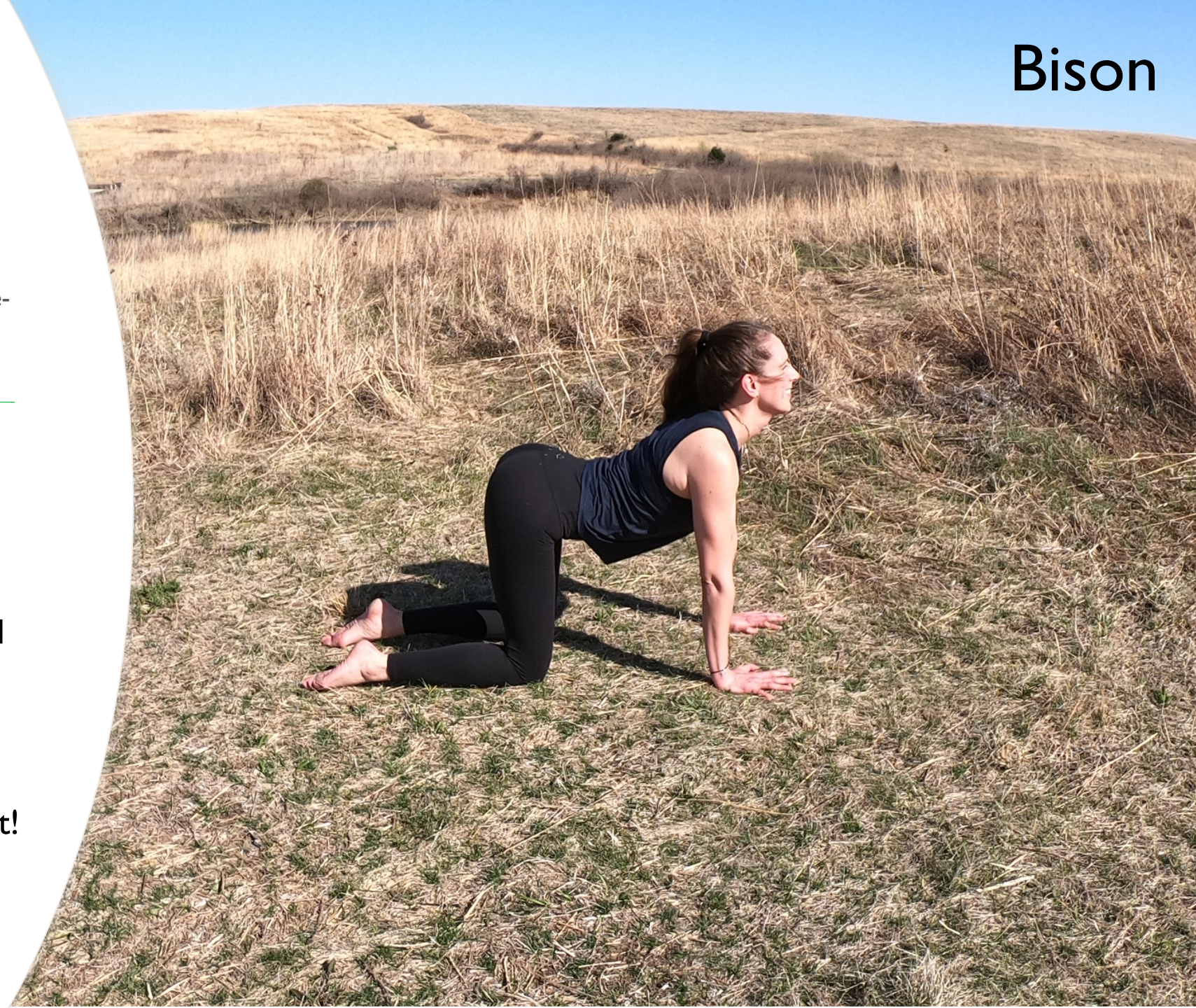






Did you know baby bison are sometimes called “red dogs” because of their orange-red color?

1. Begin on your hands and knees, back flat (Table Top pose).
2. Take a big, slow breath in as you look up towards the sky, let your belly sink towards the ground and your tailbone towards the sky.
3. Slowly breath out as you come back to Table Top pose.
4. Repeat as many times as you want!
5. Try this – slowly switch back and forth between Bison pose and Bobcat pose.







This is a male Monarch butterfly. You can tell because of the black spots on either side of the body.

1. Sit on the ground. Stretch your legs out in front of you, sit up tall and place your hands on the ground next to you.
2. Bend your knees and pull your heels towards your body.
3. Drop your knees out to the sides towards the floor, bring the bottoms of your feet together.
4. Wrap your hands around your ankles or toes. Slowly breathe in as you sit up tall.
5. Fold forward as you breathe out.
6. Stay here for a few full breaths.







Some of the  
grasses on  
tallgrass  
prairies  
can be  
8 feet tall!  
Don't get lost!

1. Begin by standing tall, arms by your sides, shoulders back.
2. Bend your right knee to the side and set your toes on the ground and your heel against your ankle.
3. Lift your hands up to the sky.
4. Stay here for a few full breaths.
5. Repeat with your opposite leg.

# Tallgrass







Bush Cicadas,  
can be up to 2  
inches long and  
can sing really  
loud.

[CLICK HERE](#)  
to listen.

1. Lie on your belly. Bring your forehead to the ground and arms alongside your body.
2. Take a slow breath in as you lift up your chest and reach your arms long behind you.
3. As you breath out lift your legs up, too. Actively reach your fingers and your toes behind you.
4. Stay here, breathing, for about 10 seconds.
5. Breath out as you bring your arms, legs, and chest back to the ground.
6. Repeat up to 5 times in a row!







Red foxes are smaller cousins of coyotes. They pounce on their prey to catch it and can hear animals underground!

1. Begin on your hands and knees, back flat (Table Top pose).
2. Walk your hands forward and lower your forehead to the ground.
3. Stay here for a few full breaths
4. When you are ready, walk your hands back to Table Top pose.
5. Repeat up to 5 times in a row!







Bald Eagle's favorite food is fish. But they also like dead stuff. Hey, somebody has to eat it!

1. Stand tall, arms by your sides, shoulders back.
2. Bend your knees and lift your right leg up and cross it over your left leg.
3. Bring the tips of your toes down to the ground.
4. Reach arms long in front of you and the cross right arm under left to make an "X".
5. Bend your elbows and bring the backs of your hands together.
6. Lift your chest and move elbows up and away from your body.
7. Stay here for a few full breaths.
8. Repeat with your opposite leg.







When plants, animal, and bugs die their remains decay, or rot. This may sound gross, but it's what makes soil rich so more plants can grow!

1. Lie on your back.
2. Bend your knees towards your belly and hold onto your feet.
3. Allow your body to gently rock side-to-side.
4. Stay here for a few full breaths.
5. When you are done, slowly release your legs and arms to the floor.
6. Completely relax, letting your head, shoulders, back, arms, legs, and feet sink into the ground.

