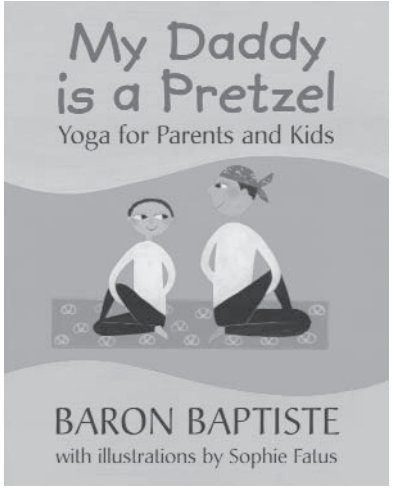
Practice Your Pretzels

A Barefoot Activity

For kids of all ages

A child's daily routine can be incredibly stressful.
This yoga exercise focuses on relaxation and breathing.
It is perfect for adults to practice too!



HC 9781841481517 · $16.99
Yoga Pretzels (Card Deck) · $14.99
Yoga Planet (Card Deck) · $14.99

Let's Begin

- We seem to always be on the move in our busy lives. This exercise, called "Be a Rainbow," is a perfect opportunity to help children, and adults, take a quiet moment to actively relax.
- Tell the children to lie on their backs with their eyes closed. Tell them to slow down their breathing by taking deep breaths in through the nose and out through the mouth....sigh, ahhh...Tell them to let go and melt into the floor.
- Now, ask them to imagine walking down a beautiful path. A storm is clearing and they see a rainbow. Tell them to stand under the rainbow and soak up its warmth. Let the light fill them with happiness.
- Ask them to focus on each color of the rainbow. Then explain the meaning of each color:
  - Red: You are strong and safe
  - Orange: You are happy and playful
  - Yellow: You are proud and confident
  - Green: You are kind and caring
  - Blue: You are honest and truthful
  - Indigo: You are clever and creative
  - Violet: You are an understanding friend
- Once you have gone through the colors of the rainbow, remind the children that they are connected to life. They are all rainbows!
- For more yoga, try all the classic poses in *My Daddy is a Pretzel*.

Illustrations from *My Daddy is a Pretzel* © Barefoot Books

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