Gratitude Yoga Exercises for Kids

I am grateful for:

- **My Breath**
  - *Child’s Pose*
  
  Lower your hips to your heels and forehead to the floor while you stretch your arms overhead.

- **My Goals**
  - *Cobra Pose*
  
  Lay with your belly on the floor and begin to straighten your arms to lift the chest off the floor.

- **The Sun**
  - *Mountain Pose*
  
  Stand with your big toes touching and heels slightly apart, hands stretched at your sides.

- **My Strength**
  - *Warrior 1 Pose*
  
  Reach your fingertips to the sky as you bend your front knee and straighten your back leg.

- **Nature**
  - *Tree Pose*
  
  From mountain pose, bend one knee and lift your heel up to rest against the opposite leg.

- **The Sky**
  - *Resting Pose*
  
  Lie on your back with your legs straight and arms at your sides. Close your eyes and breathe deeply.
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