

**ELEPHANT POSE**  
**(WIDE-LEGGED STANDING FORWARD BEND)**



I have a strong body.

**CROCODILE POSE**  
**(PLANK)**



I am calm.

**TIGER POSE**  
**(CAT POSE)**



I am brave.

**COW POSE**  
**(COW POSE)**



I am kind.

TURTLE POSE  
(CHILD'S POSE)



I am patient.

PUPPY POSE  
(DOWNWARD-FACING DOG)



I am friendly.

BUTTERFLY POSE  
(BUTTERFLY POSE)



I am unique.

COBRA POSE  
(COBRA POSE)



On the exhale, make the 'shhh' sound  
to slither like a snake.

## FLAMINGO POSE (TREE POSE)



I am beautiful.

## RHINO POSE (TRIANGLE FORWARD BEND)



I am a leader.

## BAT POSE (FORWARD BEND)



Focus on your breathing. Can you feel the air moving in and out through your nose?

## GIRAFFE POSE (EXTENDED MOUNTAIN POSE)



I reach for the stars.