

KIDS' YOGA DAY COLORING & ACTIVITY WORKBOOK REVISED EDITION



Visit **KIDSYOGADAY.COM**
to sign up for International Kids' Yoga Day

It is completely free, and no yoga experience is required! All of the resources and tools you need are provided. Join the fun.

KIDS' YOGA DAY

5-MINUTE-A-DAY YOGA ROUTINE with  poses



1 Queen



2 Kite



3 Waterfall



4 Rag Doll



5 Windmill



6 Y Pose (Yoga)



7 Chair



8 Flamingo



9 Tree





10 Easy Pose



This routine is by Teresa Power, acclaimed yoga expert, best-selling author of the ABCs of Yoga for Kids and Little Mouse Adventures series, and founder of Kids' Yoga Day. For instructions on how to do each pose and to sign up for this year's Kids' Yoga Day, visit kidsyogaday.com/poses. As always, before beginning any type of exercise program, it's a good idea to consult with a doctor.

TERESA  POWER

KIDS' YOGA DAY

5-MINUTE-A-DAY YOGA ROUTINE with  and  poses



1 Candle



2 Cow



3 Dog



4 Flamingo



5 Tree



6 Cobra



7 Rocking Horse



8 Mouse




9 Pretzel



10 Do Nothing Pose



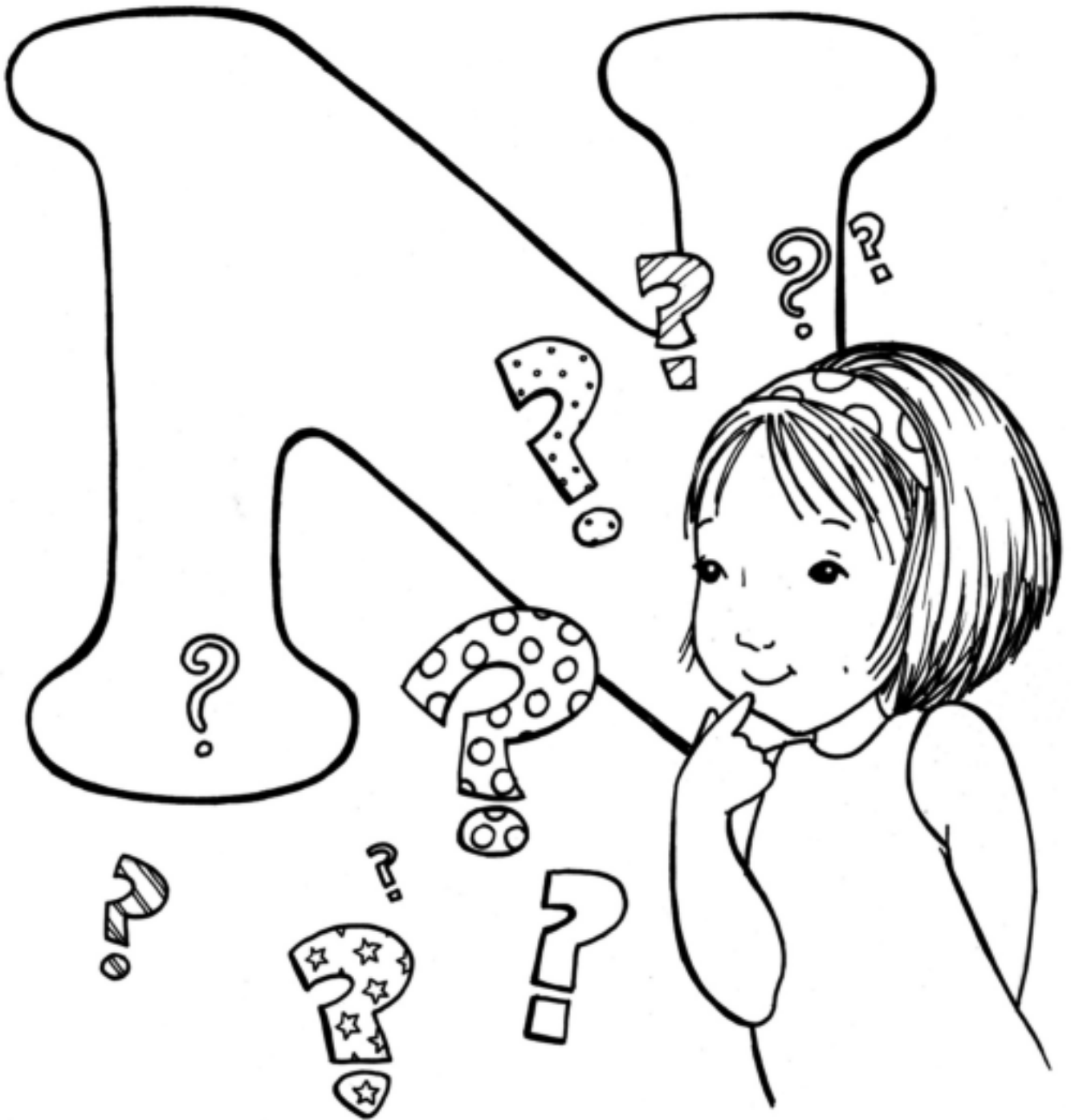
This routine is by **Teresa Power**, acclaimed yoga expert, creator of the *ABCs of Yoga for Kids* series, founder of **Kids' Yoga Day** and president of the non-profit, **World Yoga Power**. For instructions on how to do each pose and to sign up for this year's Kids' Yoga Day, visit kidsyogaday.com/poses. As always, before beginning any type of exercise program, it's a good idea to consult with a doctor.

TERESA  POWER

Draw a picture of your favorite yoga pose
or make one up on your own.

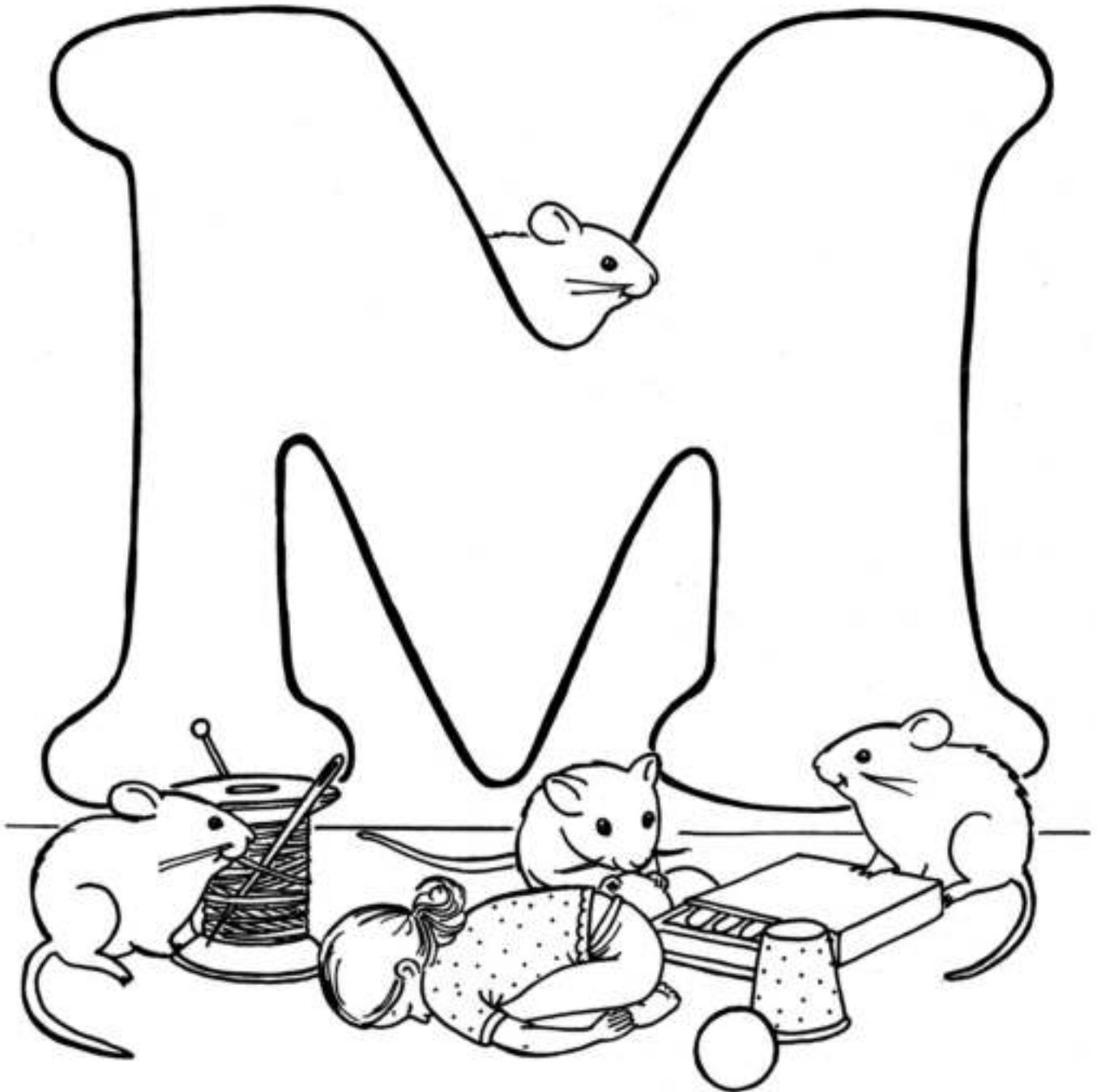


NEW POSE



COLOR ME!

MOUSE



Count the number of mice.
Write your answer in the space below.

_____ Mice

COLOR ME!

Help the Queen find all seven benefits of yoga
in the word search.



FOCUS

REATH

STRETCH

RELAX

PEACE

CONCENTRATE

BALANCE

Q B R E A T H E B N X B
S A E P O I U Y V Z R A
T X L P E A C E E R L L
R E A B M J K R O A L A
E N X Y P S O A R T B N
T C E N T R N G M A T C
C O N C E N T R A T E E
H F O C U S T E A Y Q W

QUEEN



COLOR ME!

Draw a line to match each letter of the alphabet with the first letter of the yoga pose.

K



T



W

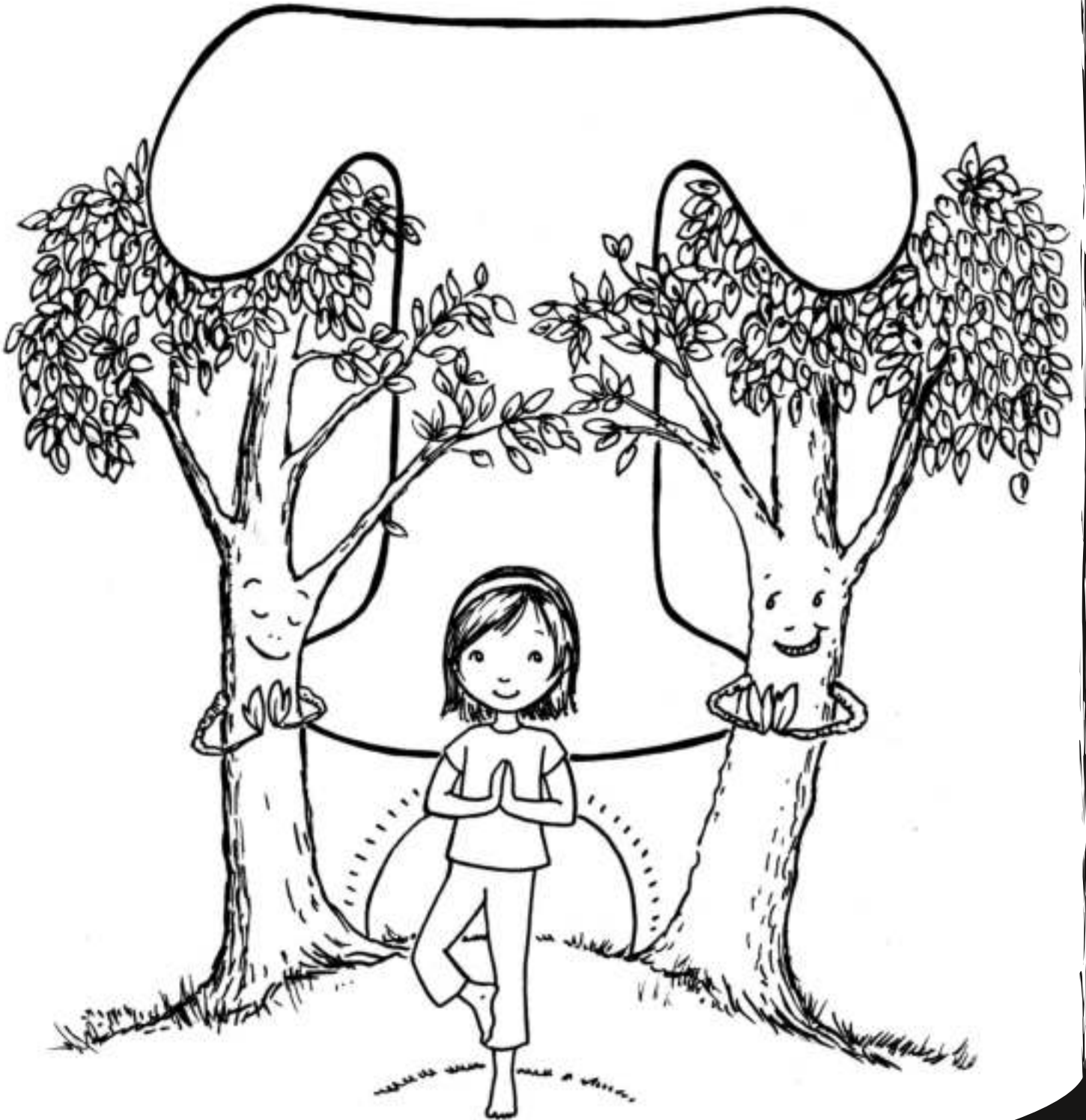


KITE



COLOR ME!

TREE



COLOR ME!

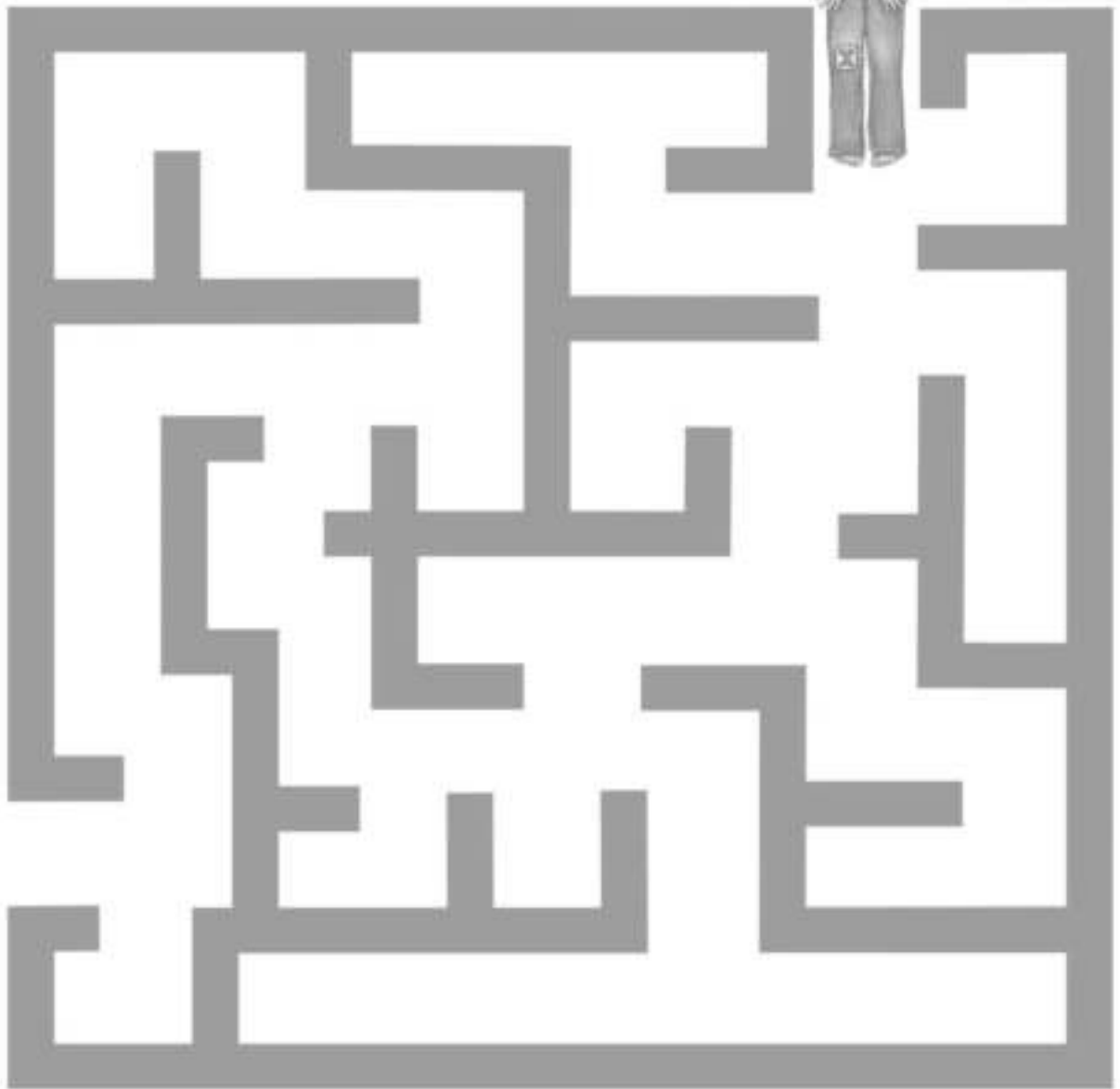
WATERFALL



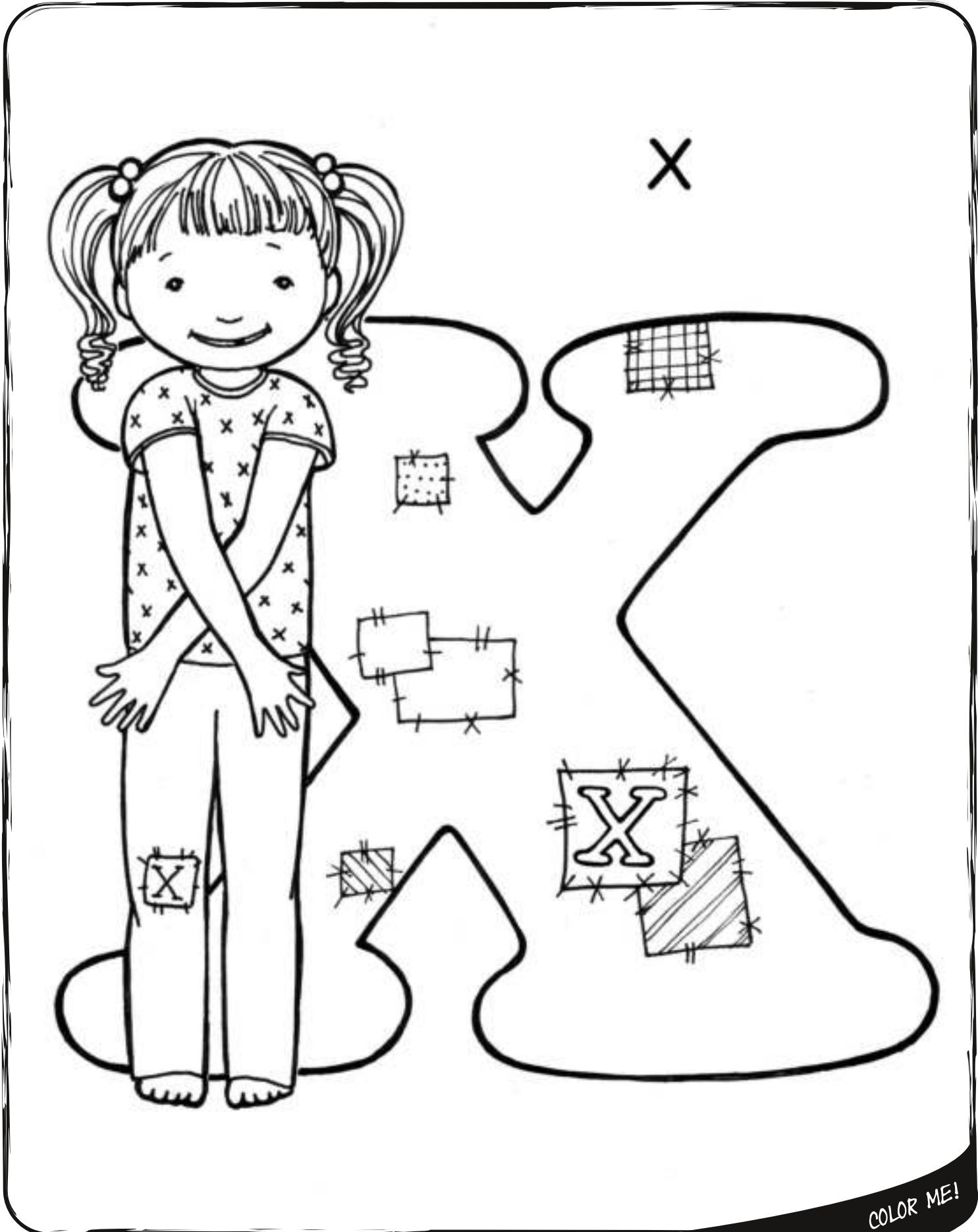
COLOR ME!



Help the girl through the maze to where **X** marks the spot.

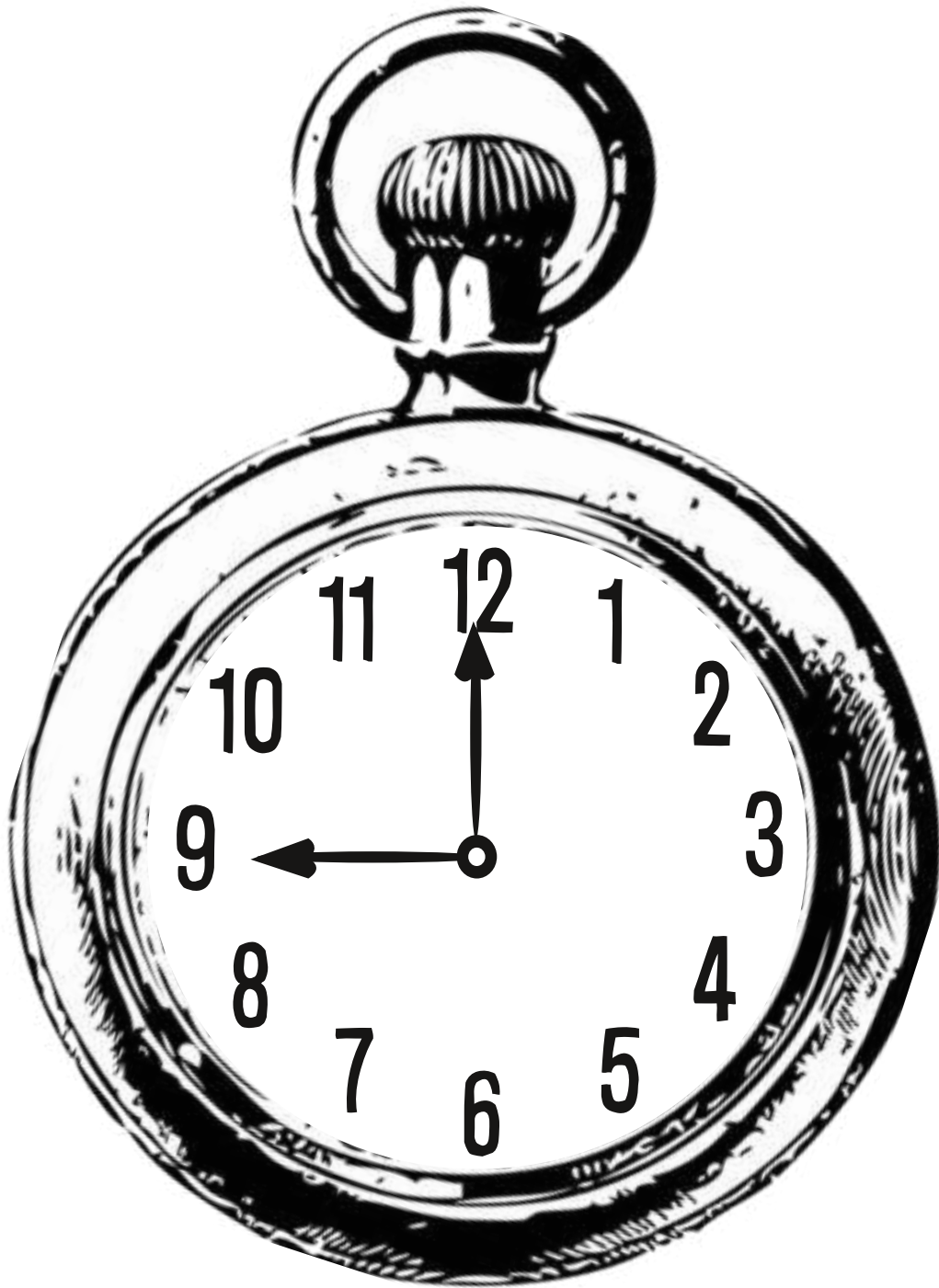


X



COLOR ME!

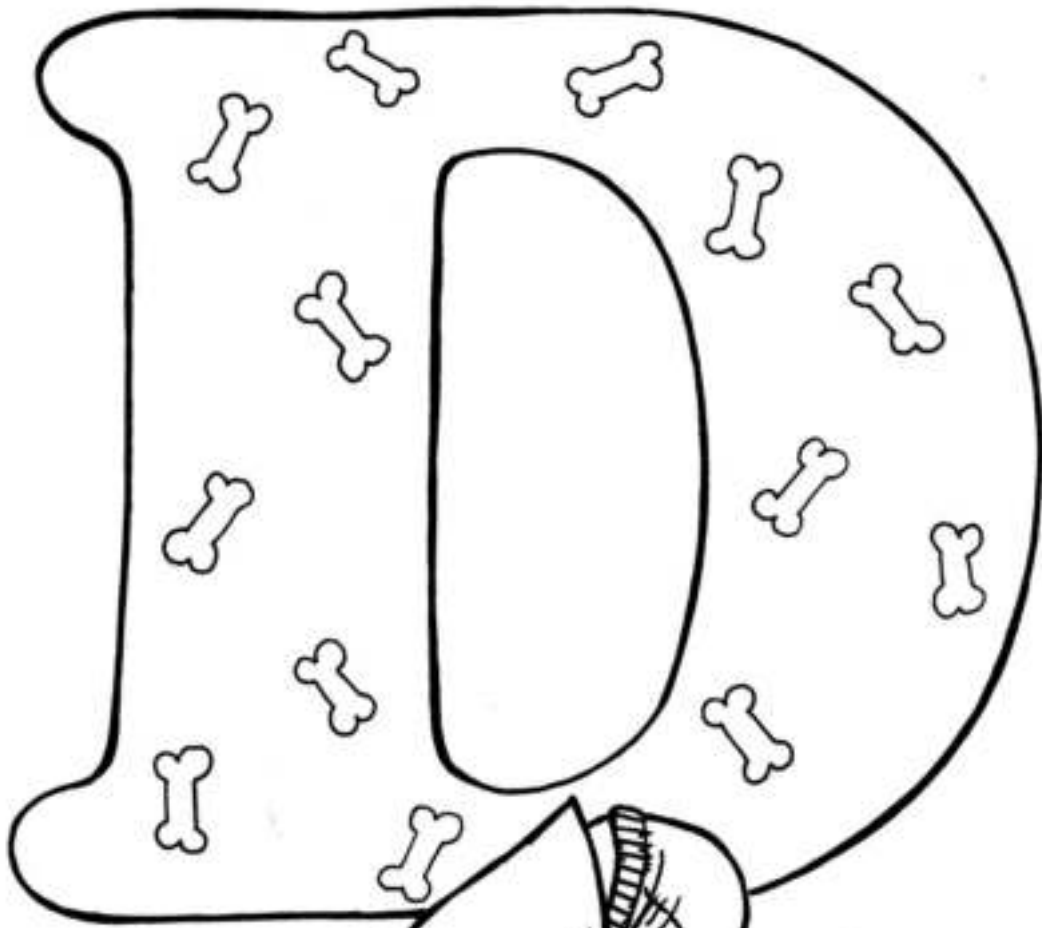
Read the time on the clock.
How many hours until **Kids' Yoga Day** at **11:00 AM**?



It is _____:00 AM

_____ hours until Kid' Yoga Day at 11:00 AM

Count the number of dog bones.



DOG



_____ dog bones

COLOR ME!

Color the image then circle:
3 otters, 4 fish, 1 crab

OTTER



COLOR ME!

Count the number of butterflies, frogs, and flowers.
Write your answer in the space below:



_____ Butterflies
_____ Frogs
_____ Flowers

COLOR ME!

YOGA



Color the image and circle all the words that describe how you feel after practicing yoga.

COLOR ME!

Guess what yoga posture this is:

BIRD

EAGLE

PEACOCK

Circle the above yoga posture, and color the picture below.



COLOR ME!

Count the number of butterflies.
Write your answer in the space below.



_____ Butterflies

COLOR ME!

Draw a line to match each letter of the alphabet with the 1st letter of the yoga pose.

RAGDOLL



JACK-IN-THE-BOX



DOG



KOALA



COLOR ME!

RAGDOLL



COLOR ME!

JACK-IN-THE-BOX



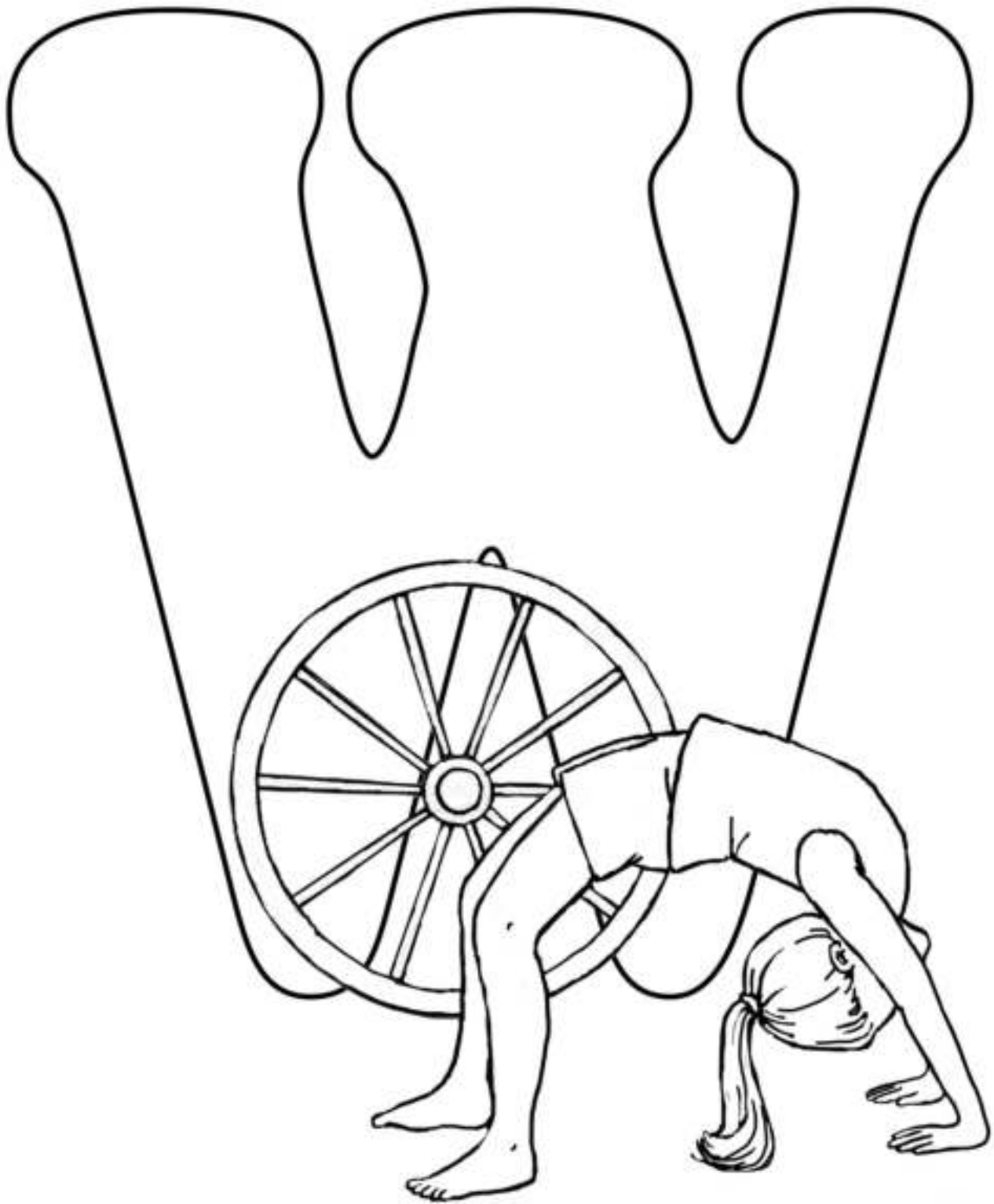
COLOR ME!

JAGUAR



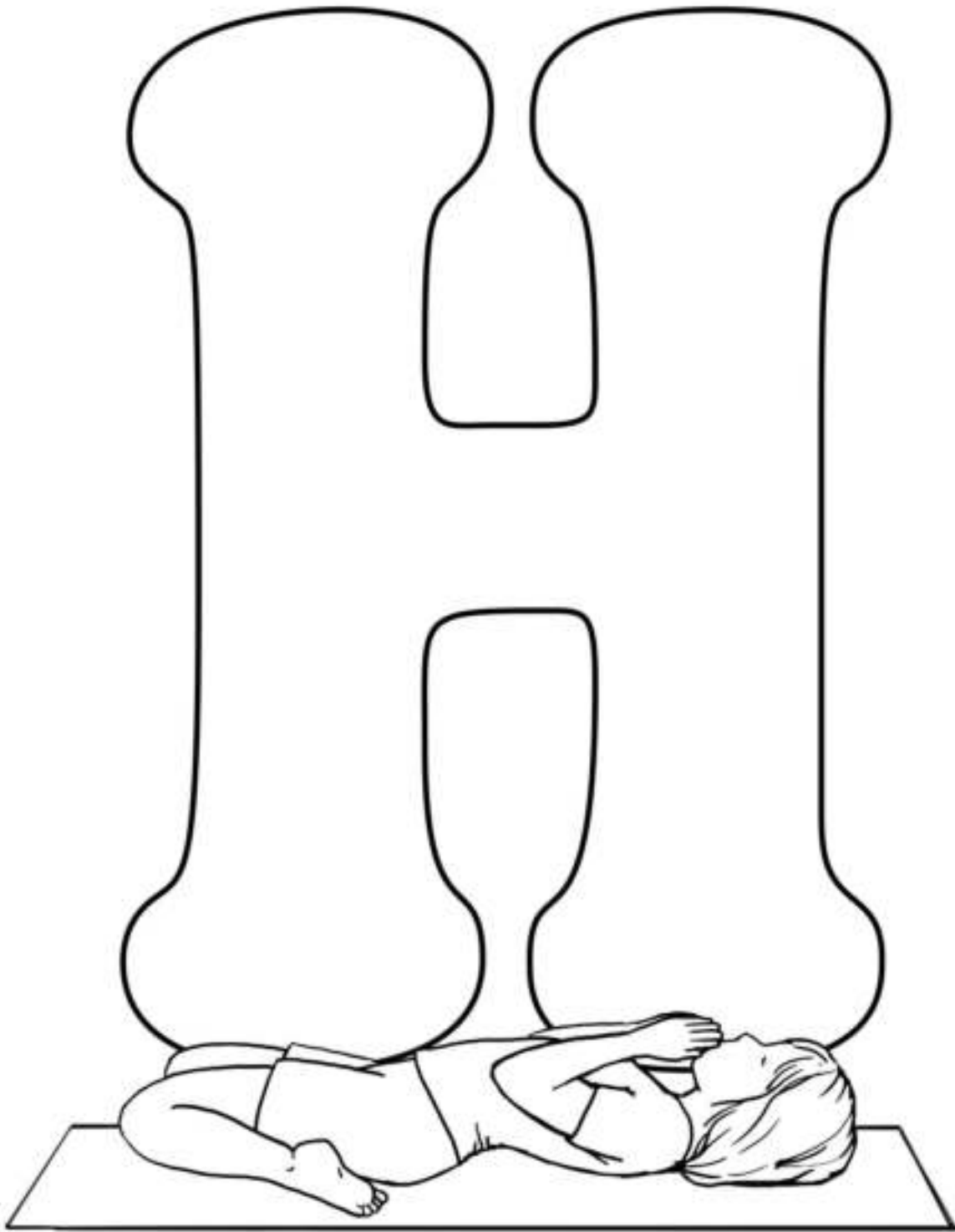
COLOR ME!

WHEEL



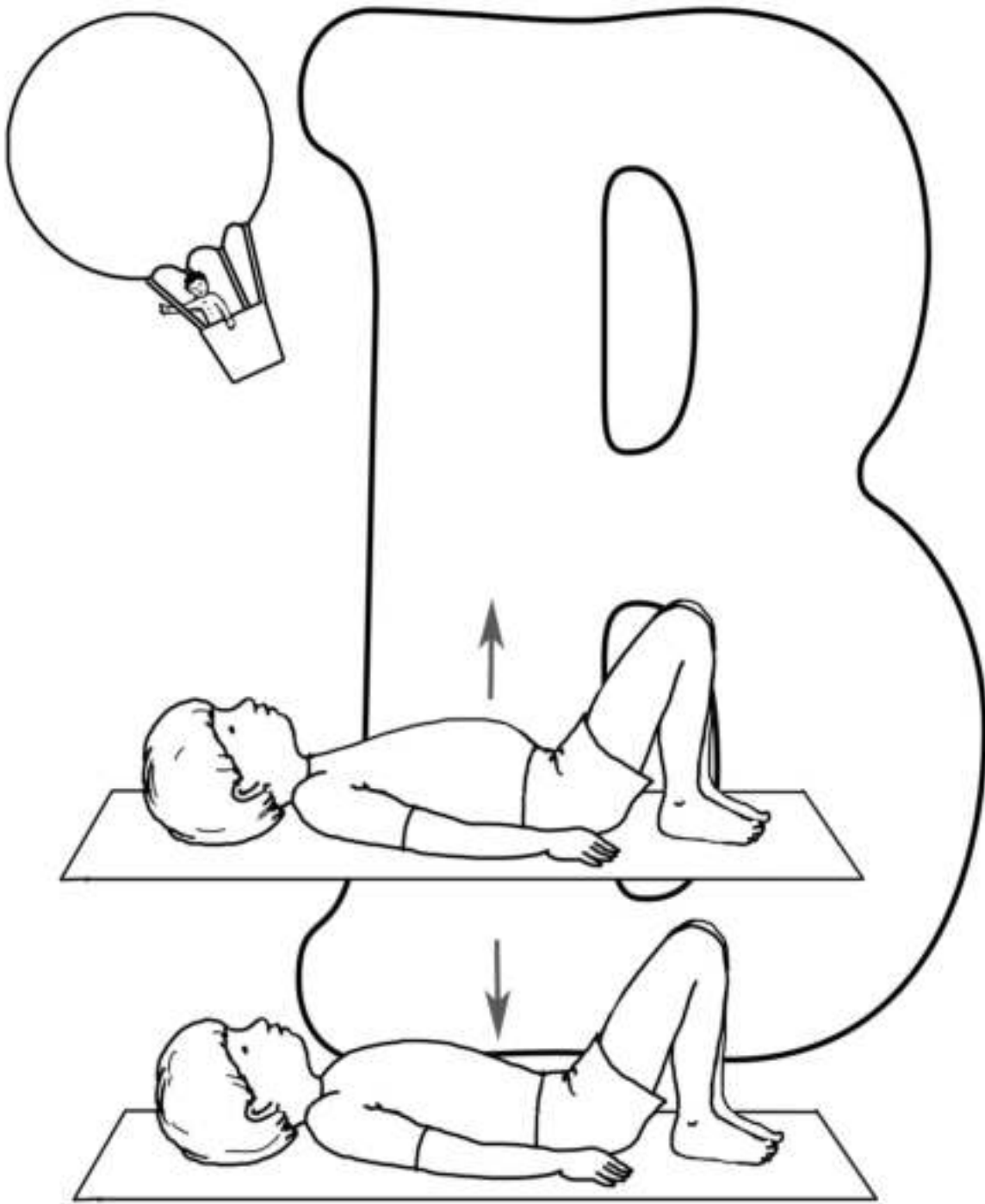
COLOR ME!

HERO



COLOR ME!

HOT AIR BALLOON



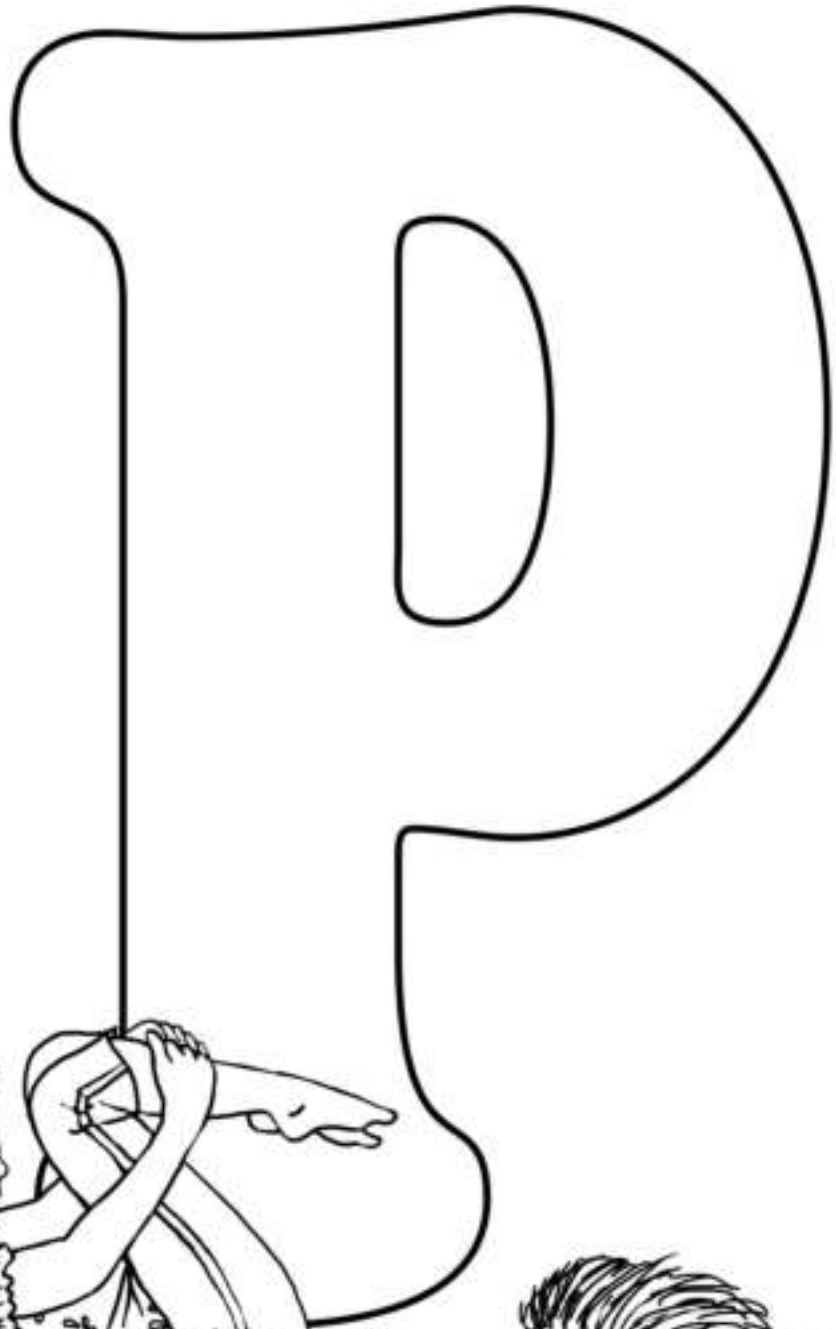
COLOR ME!

KING OF THE MONKEYS



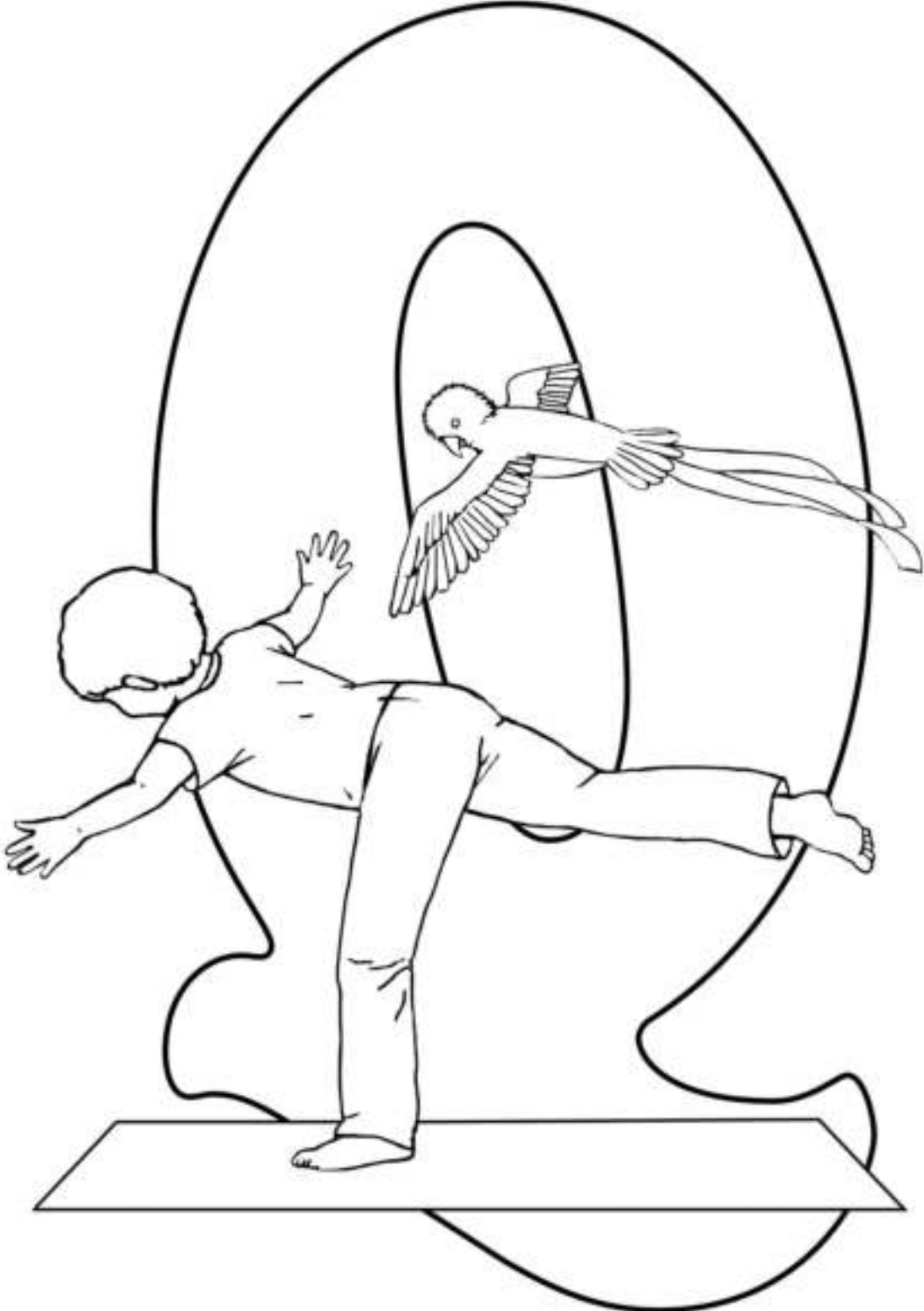
COLOR ME!

PORCUPINE



COLOR ME!

QUETZAL



COLOR ME!

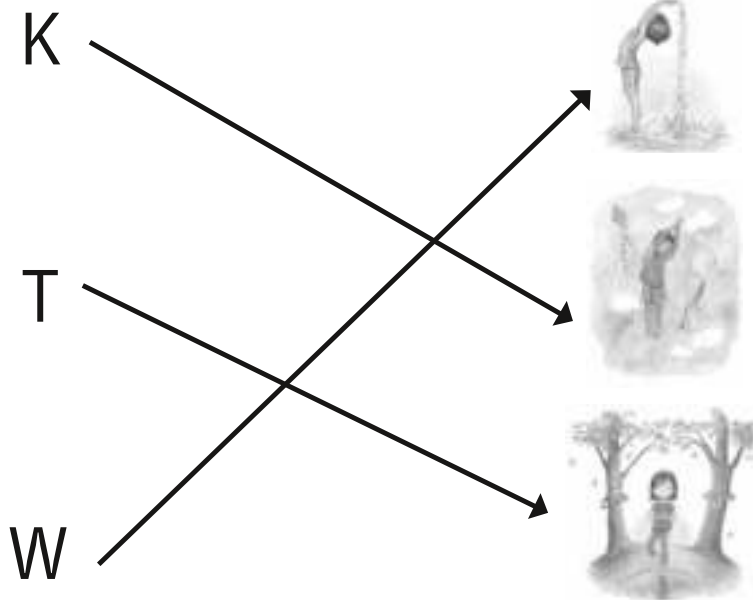
ANSWERS

Page 6: 4 mice

Page 7: Help the queen find all seven benefits of yoga in the word search:
Focus, Breathe, Stretch, Relax, Peace, Concentrate, Balance

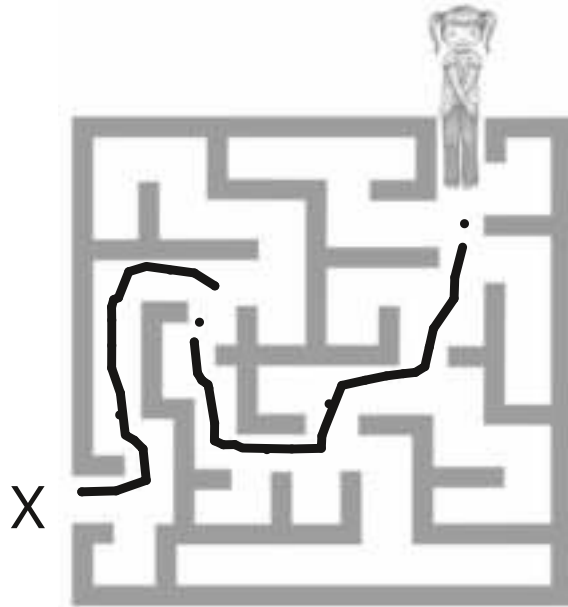


Page 9: Draw a line to match each letter of the alphabet with the first letter of the yoga pose:



ANSWERS


Page 13: Help the girl through the maze to where 'X' marks the spot:




Page 15: 9:00 AM – 2 hours until **Kids' Yoga Day**

Page 16: 13 dog bones

Page 17:

 3 Otters

 4 Fish

 1 Crab



ANSWERS

Page 18:



11 butterflies



2 frogs



7 flowers



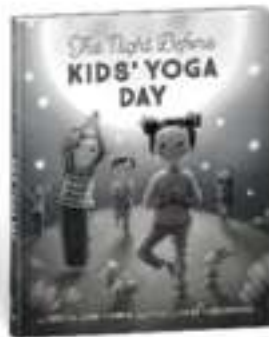
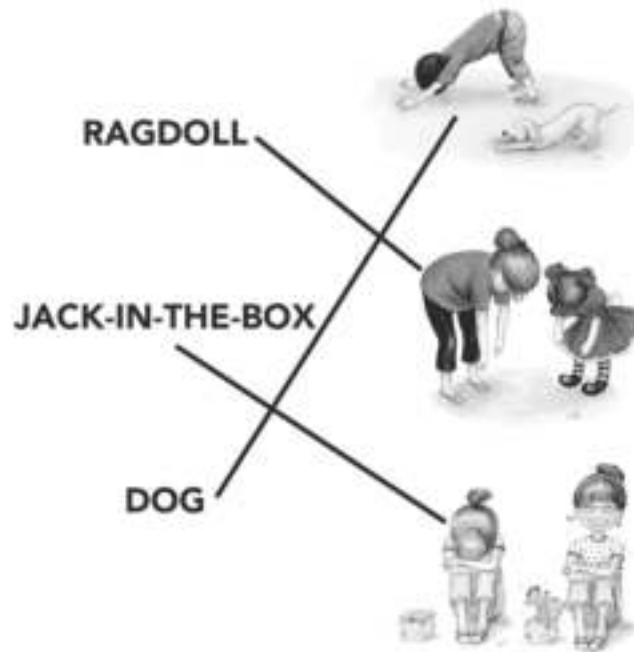
Page 20: Eagle Pose

Page 21: 8 butterflies



ANSWERS

Page 22:



Get your kids ready to
celebrate with
***The Night Before Kids'
Yoga Day***, available in
hardcover and ebook.

www.kidsyogaday.com/the-night-before-kids-yoga-day/