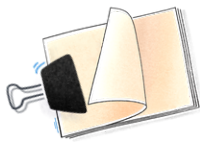


Make Your Own

YOGA FLIPBOOK

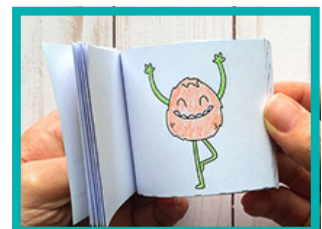
Yoga is a fun way to breathe, move, and relax! Yoga makes you calm when you're too excited and makes you feel energetic when you feel tired. It helps you bring your mind back into your body when it wants to wander.

Using this printable pack, you can make three yoga flipbooks: dragon breathing, tiger pose, and tree pose.



How to make your flipbook

- 1** **Print** out the first flipbook on pages 2-5. Color the character if you wish. Next, cut out the flipbook pages along the dotted lines.
- 2** **Place** the flipbook pages in numerical order with number 1 on top. Place the flipbook title on top of the first page.
- 3** **Place** a binder clip to hold the flip book together. **Tip-** make sure all the pages are aligned by placing the right edge of the flipbook on a table to level, then clip the binder on the left side to hold in place.
- 4** **Place** your left hand on the left side of the flipbook and with your right hand, flip the pages in the book starting with the top page.



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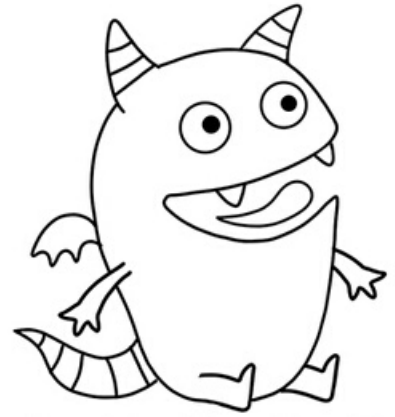
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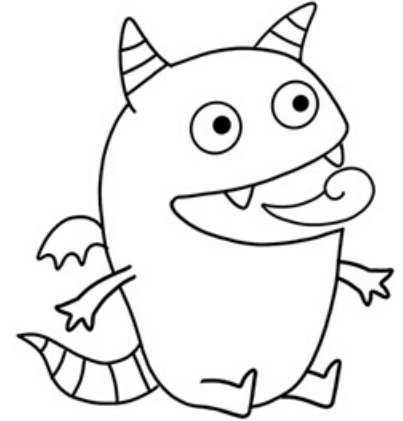
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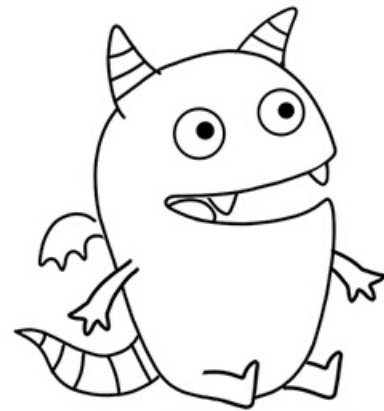
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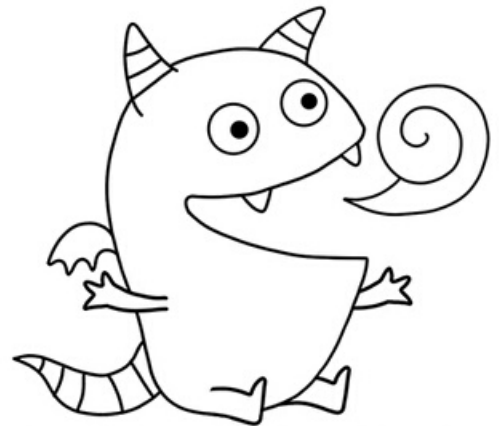
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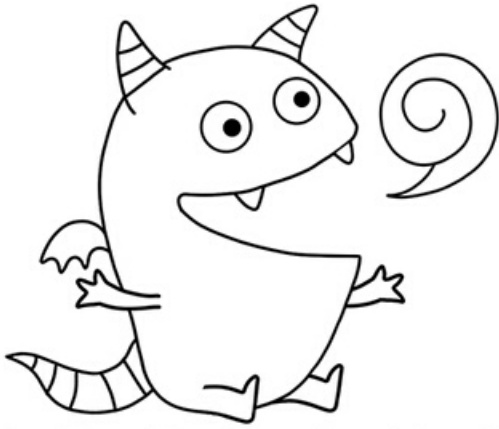
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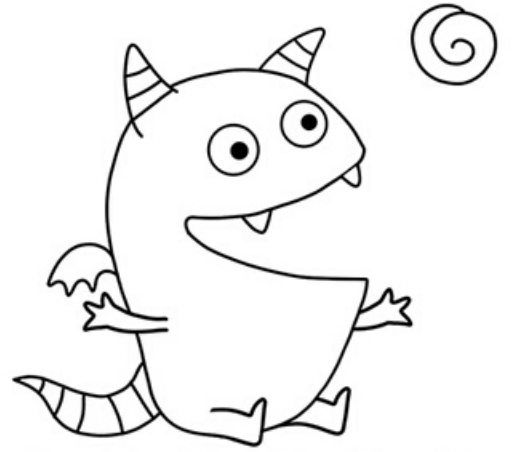
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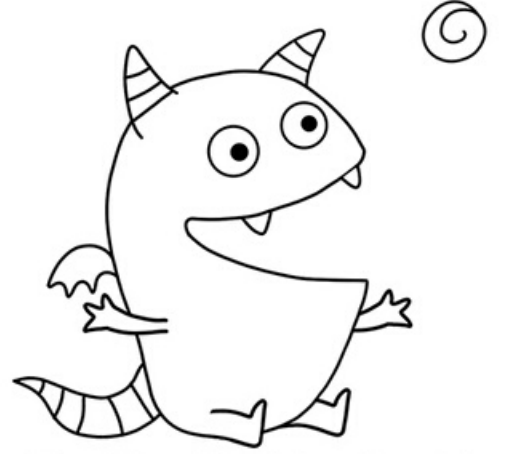
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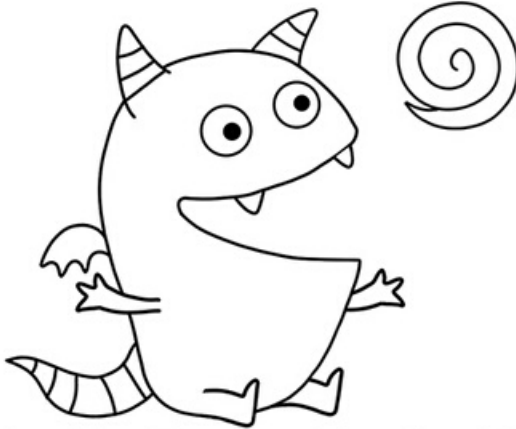
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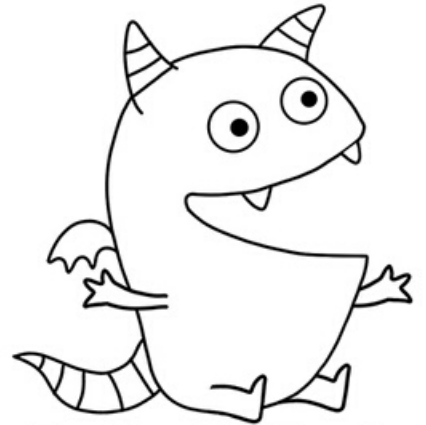
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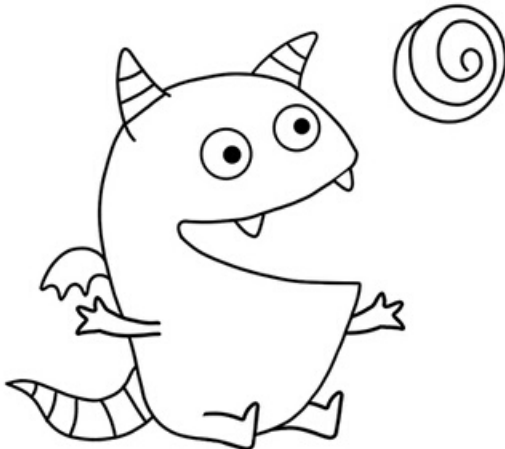
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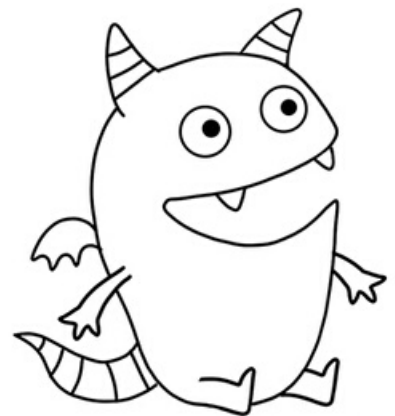
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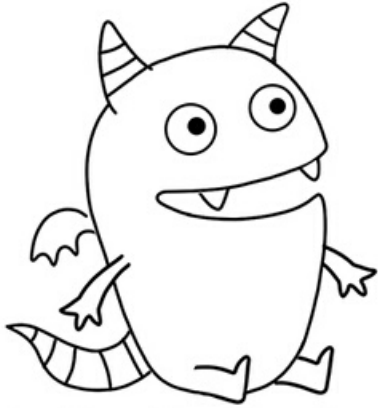
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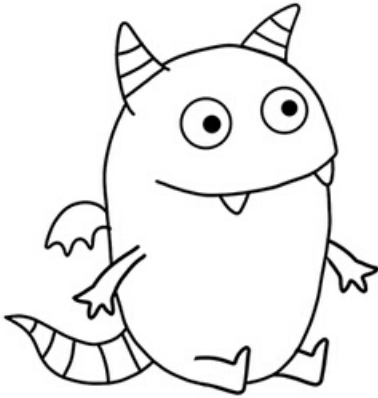
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YOGA FLIPBOOK

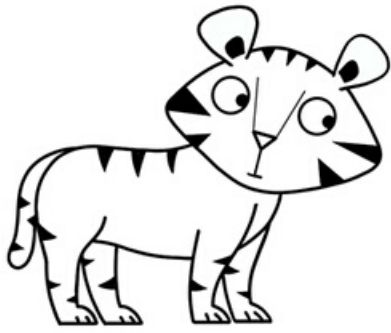
DRAGON BREATHING



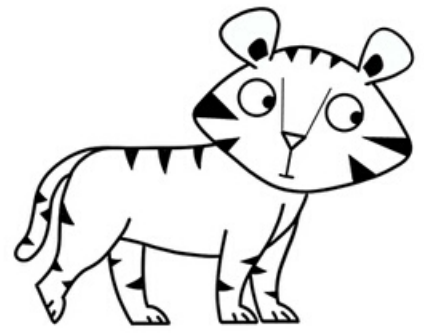
- **SIT CROSS LEGGED OR KNEELING** with your spine long.
- **TAKE A DEEP BREATH IN** through your nose.
- **BREATHE OUT** like you're blowing out fire... or ice!
Exhale completely. You can also stick out your tongue and open your eyes and mouth wide on the exhale.

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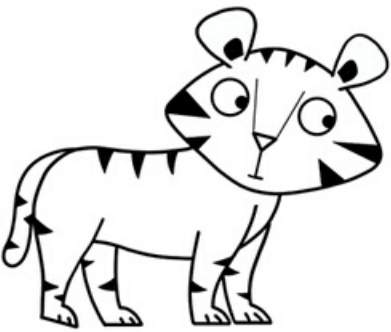
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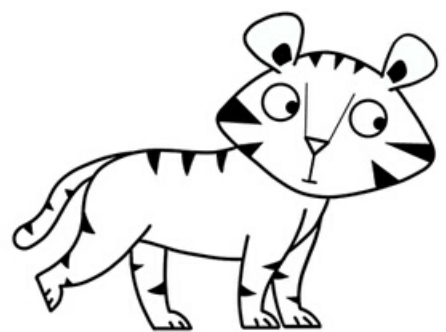
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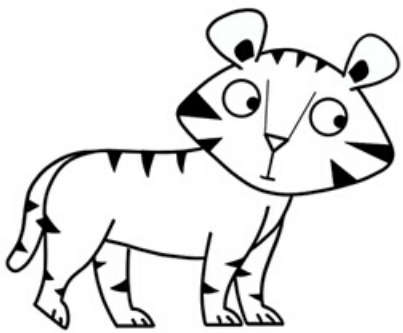
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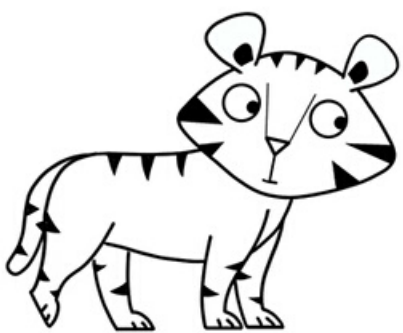
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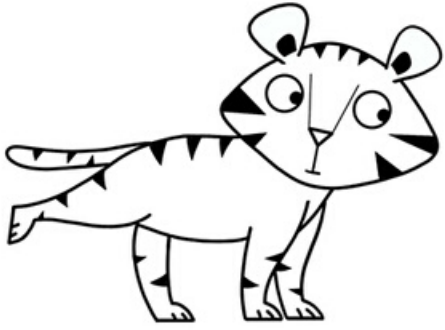
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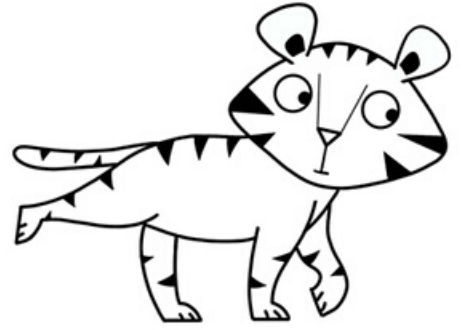
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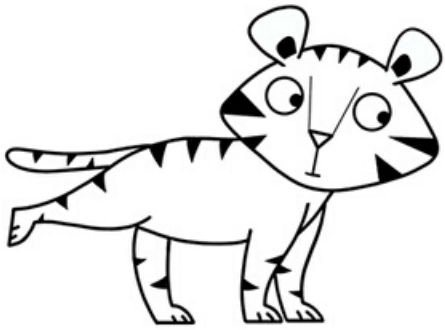
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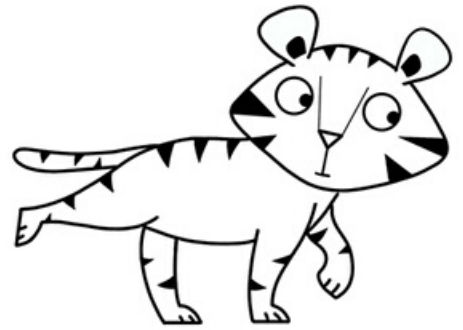
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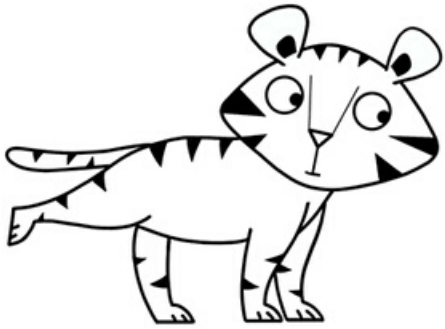
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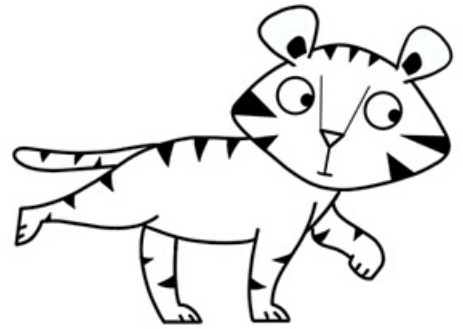
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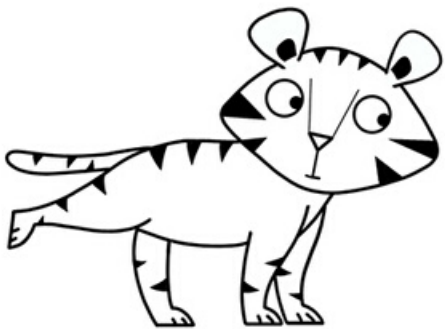
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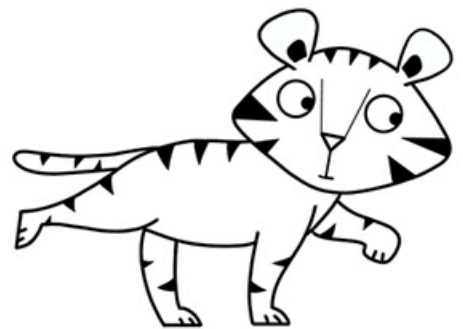
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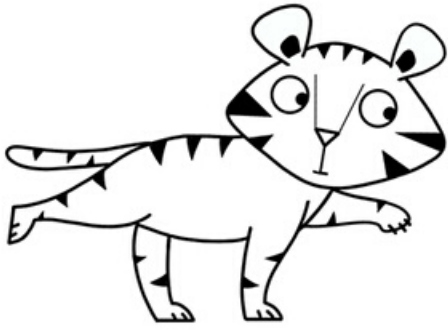
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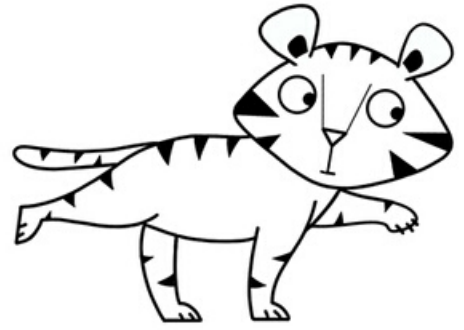
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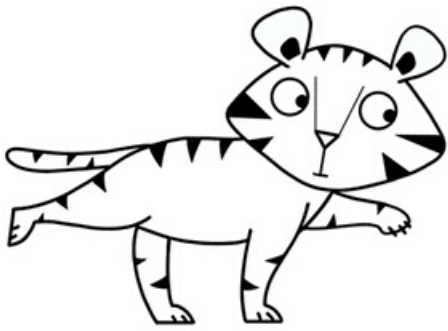
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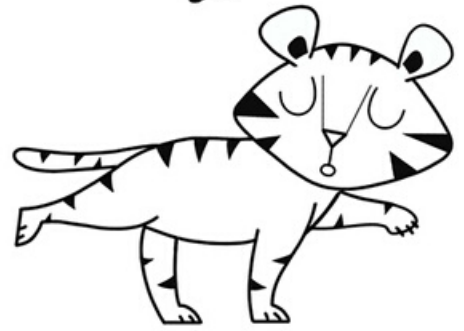
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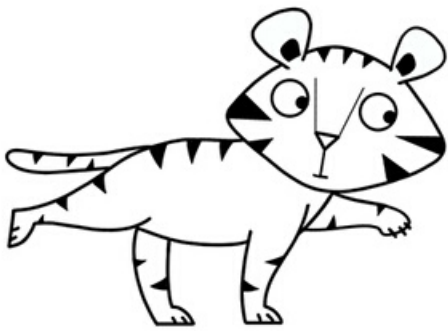


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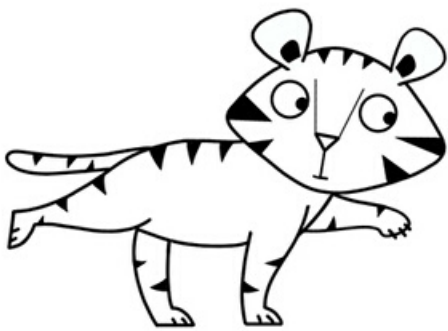


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ROA

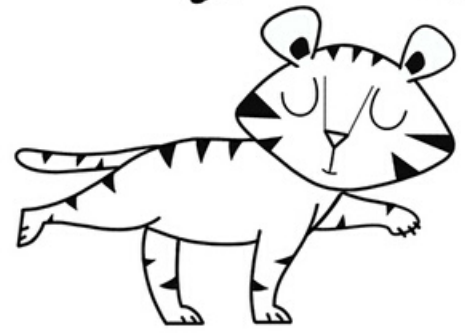
ROAR

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ROAR!

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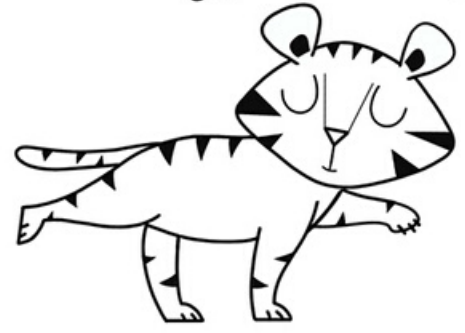
ROAR!

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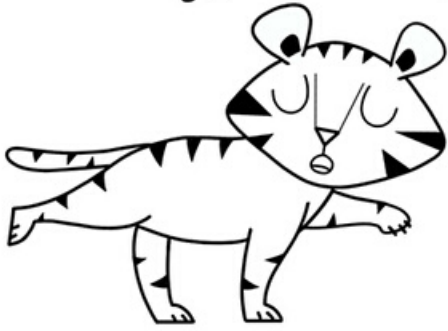
ROAR!

31



ROAR!

28



YOGA FLIPBOOK

TIGER POSE



- **STAND ON YOUR HANDS AND KNEES.** Stretch out your right leg behind you like it's a tail. Make your leg straight and push your heel towards the back of the room. Be sure your toes are pointing down towards the floor.
- **STRETCH YOUR LEFT ARM OUT** in front of you. Use the tips of your fingers to reach forward as far as you can.
- **AND LAST BUT NOT LEAST - REMEMBER TO ROAR!**

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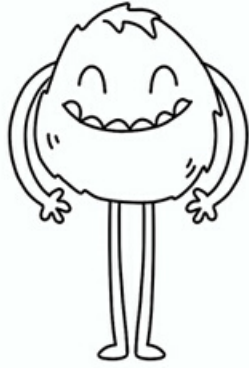


ROAR!

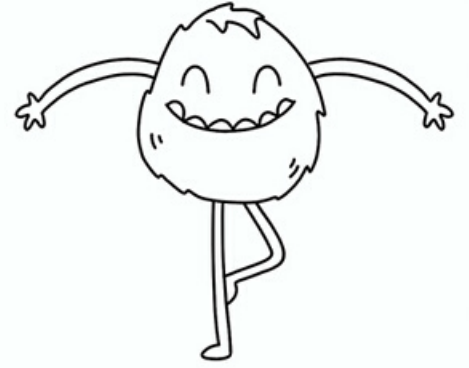
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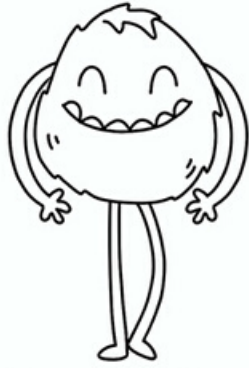
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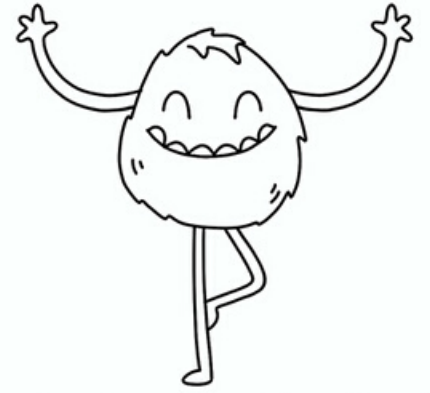
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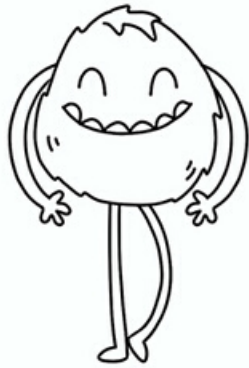
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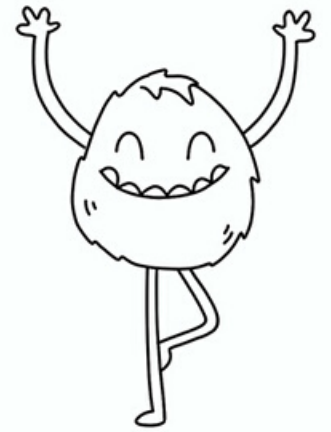
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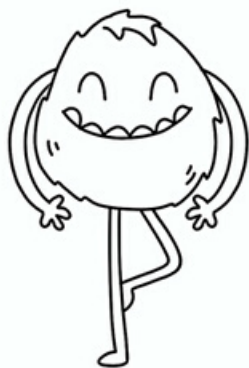
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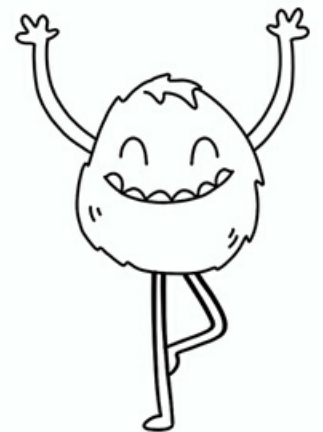
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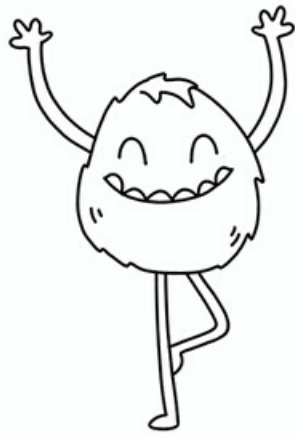
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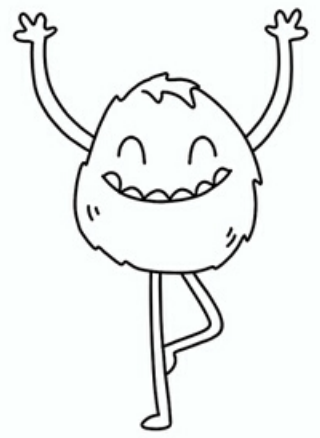
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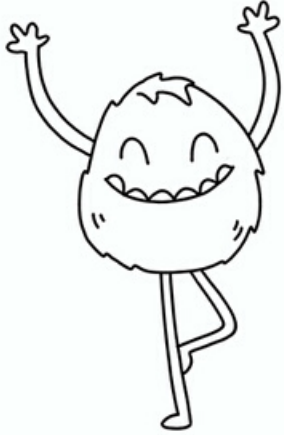
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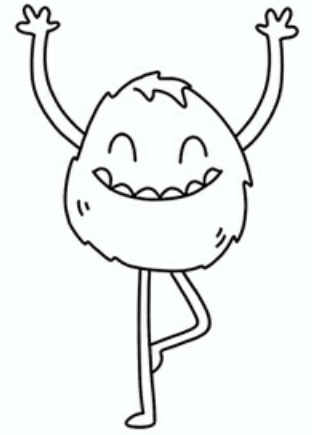
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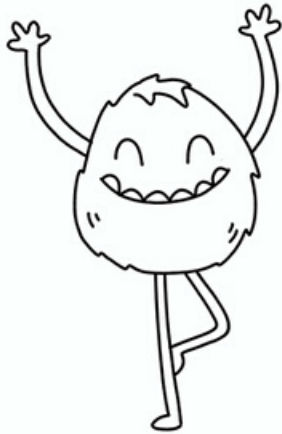
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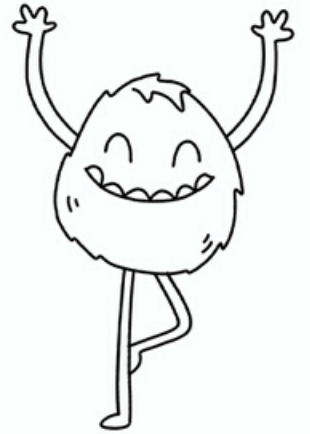
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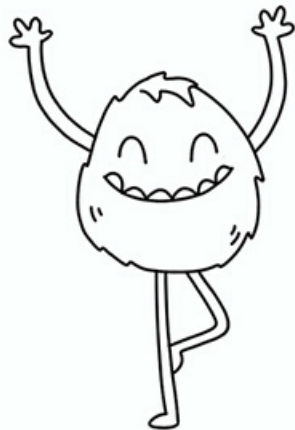
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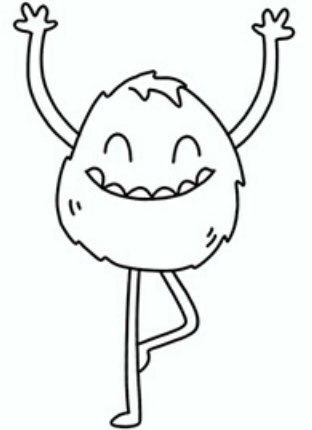
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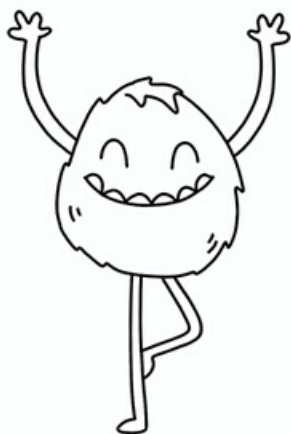
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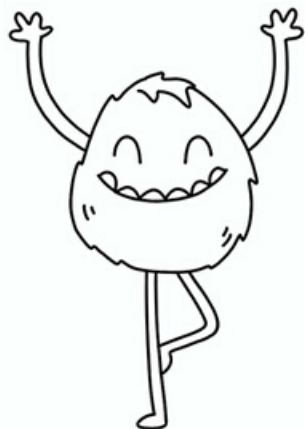
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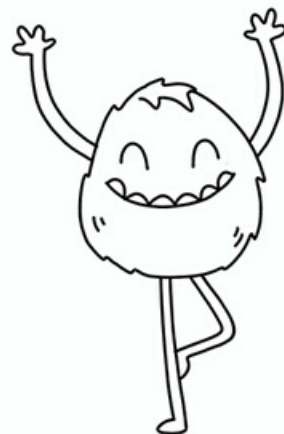
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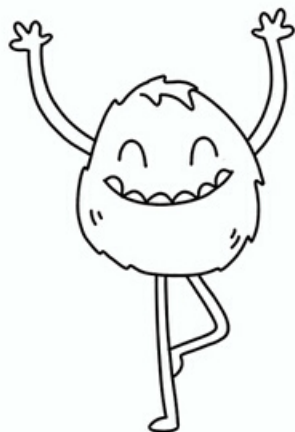
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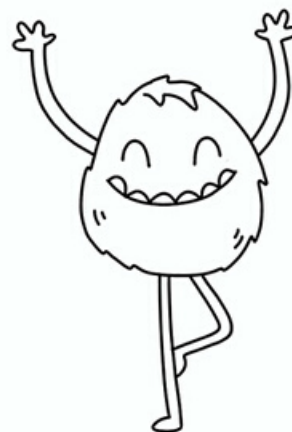
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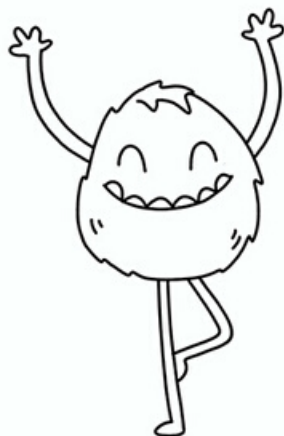
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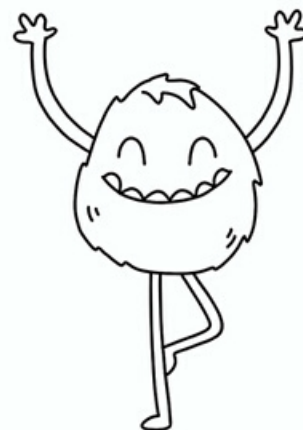
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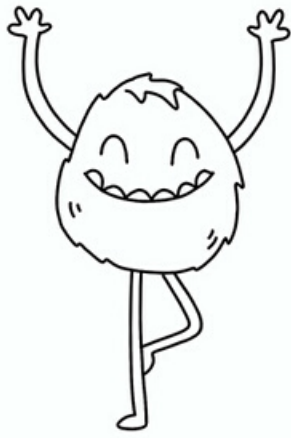
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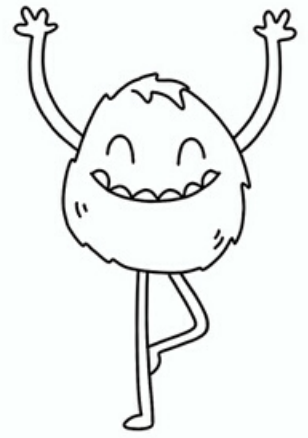
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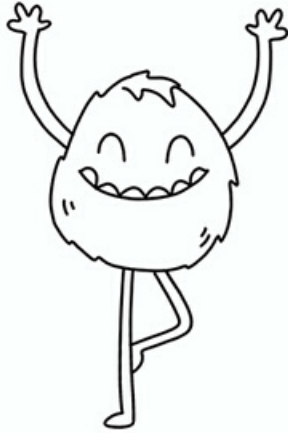
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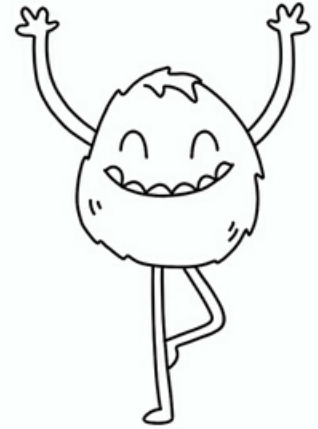
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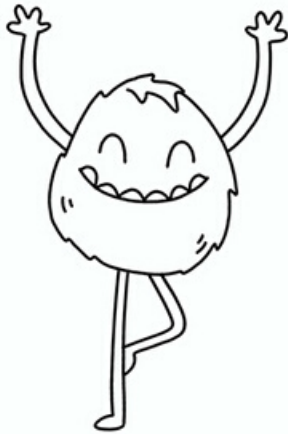
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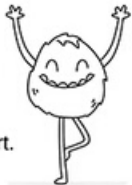


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YOGA FLIPBOOK

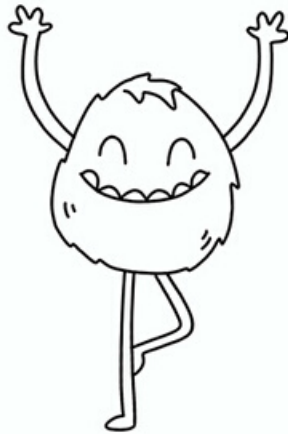
TREE POSE



- **STAND TALL** with your feet hip-width apart.
- **SLOWLY LIFT ONE FOOT**, bend your knee and bring the sole of your foot onto the inner thigh or calf of the other leg.
- **RAISE YOUR ARMS UP** to create the shape of your favorite tree.

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EPISODE 22 GUIDE

IN THIS EPISODE, CHILDREN WILL

- learn how using **meditation** can help them feel and sleep better
- be inspired by our listener **Kristina**

DISCUSSION QUESTIONS

- How did meditation help Kristina sleep better?
- What's one way you can use mindfulness to help you relax?
- Can you think of a time in your day when you can benefit from being mindful?

TRY THESE ACTIVITIES

1. Complete Weeks 19 & 20 "**Be Mindful**" in the [Big Life Journal - 1st Edition](#). Practice mindful smiling every morning when your child wakes up. If done regularly, this exercise will make children happier, healthier, and more positive.
2. Practice mindfulness using these **5 Fun Mindfulness Activities for Children** (in our [Positivity & Connection Kit](#)) in your home or classroom. These simple yet effective activities are designed to bring calm and to help children be in the present moment. Make mindfulness practices a regular part of your routine to reap the benefits.
3. When difficult moments arise, use the **Calming Strategies for Adults** (in our [Resilience Kit](#)) to pause and regain calm (and model this response to your children). Place this simple and elegant poster somewhere it can easily be seen.
4. Use the **My Strategies to Feel Calm** poster (in our [Resilience Kit](#)) to teach children emotional regulation. When they experience "big feelings", we want them to learn how to move through these emotions in a positive way. Whenever they need a calming activity, refer to the poster for quick, effective ideas.
5. Check out the [Podcast Activity Kit](#) for Seasons 1 & 2. The kit includes engaging activities to boost self-esteem, teach the importance of learning from mistakes, encourage resilience and more!

*The **Big Life Kids Podcast** is produced by Big Life Journal and is available FREE on Apple Podcasts, Spotify, Google Play, and other platforms. Listen to [Episode 22](#) on Apple Podcast (also available on other platforms). All kits can be found on biglifejournal.com.*