

Gross motor skills

Children sometimes get overstimulated; a nice way to calm them down is with a little bit of yoga. To go with our theme of home, we created a sequence that goes along with *The Napping House*. You can read the book if you have it, or follow along at [The Napping House](#). Below are the poses by page!

Page 2 Bed Pose

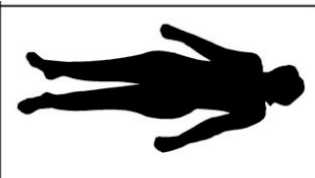


Extensions:

**Put a blanket over your child.*

**Roll a car or a ball under your child.*

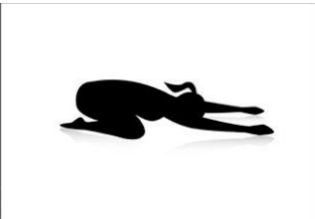
Page 3 Granny Pose



Extensions:

**Practice breath control by asking your child to “snore” like a granny. First, ask them to cover their mouths and breath in only with their nose, then ‘blubber’ the breath out of their mouth.*

Page 4 Child’s Pose



Extensions:

**Again place the blanket over your child and ask them to hide until you say “wakey, wakey”. Then they throw off the blanket. You can also ask them to count to 5 and then throw off the blanket.*

Page 5 Down Dog Pose



Extensions:

**Ask your child to ‘wag their tail’ in this pose. Ask them to lift one leg up to do 3 Legged Dog Pose.*

Page 6 Cat Pose



Cc
Cow and Cat

Extensions:

** Ask your child to meow like a cat. Ask them to lift one leg up and back to be their 'tail'. Tell them to reach out one arm to 'scratch' with their claws.*

Page 7 Mouse Pose



Extensions:

**Explain to your child that mice squat to eat. Show them this picture.*

**Ask your child to pretend to nibble on some cheese while squatting.*



Page 8 Flea Pose



Extensions:

**Ask your child to lift up, getting ready to pounce on the cat!*

Page 9-End

Do the above poses in reverse order: Flea-Mouse-Cat-Dog-Child-Grandma-Bed.