

# Dinosaur Yoga Cards

Yoga is a wonderful exercise that helps children build gross motor skills, practise mindfulness, stretch their muscles and develop balance. We've put together some dinosaur-themed yoga poses you can do with your child on a sunny day in the great outdoors or find a quiet spot inside.

Encourage your child to hold the pose as long as they can and to keep breathing deeply throughout. Your child may become better at balancing and focusing the more they practise these exercises.

## Dinosaur Yoga Cards

Can you be a Plesiosaur in the water, lifting your head up to take a breath?

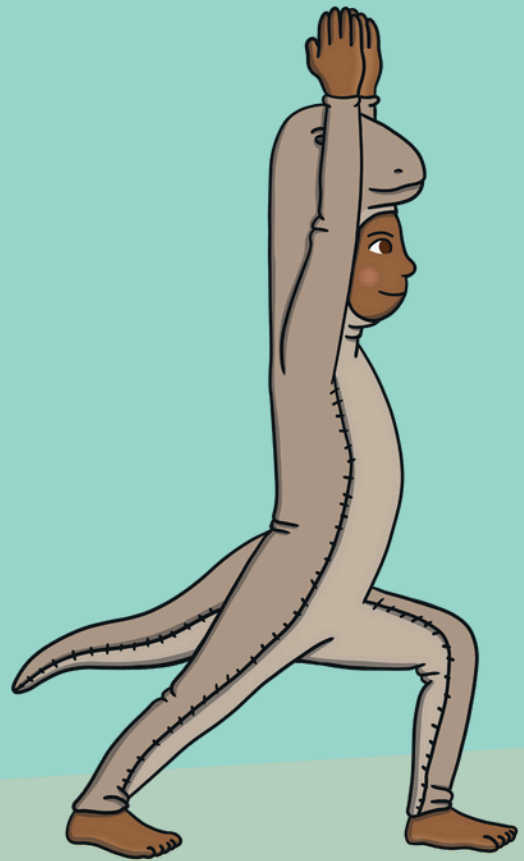


This is called  
**Fish Pose.**

## Dinosaur Yoga Cards

Can you be a tall  
BrachioSaurus reaching  
for some leaves?

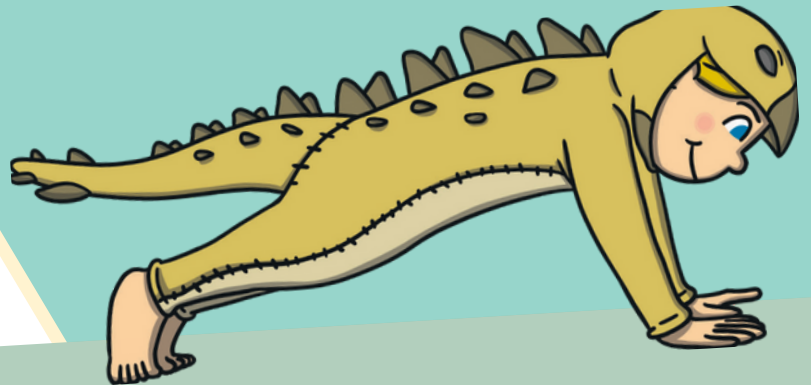
This is called  
**Warrior 1 Pose.**



## Dinosaur Yoga Cards

Can you be an  
AnkyloSaurus and reach  
your leg up to the sky?

This is called  
**Plank Pose.**



## Dinosaur Yoga Cards

Can you be a Triceratops  
with your horns reaching  
forward?



This is called  
**Three Point Balance Pose.**

## Dinosaur Yoga Cards

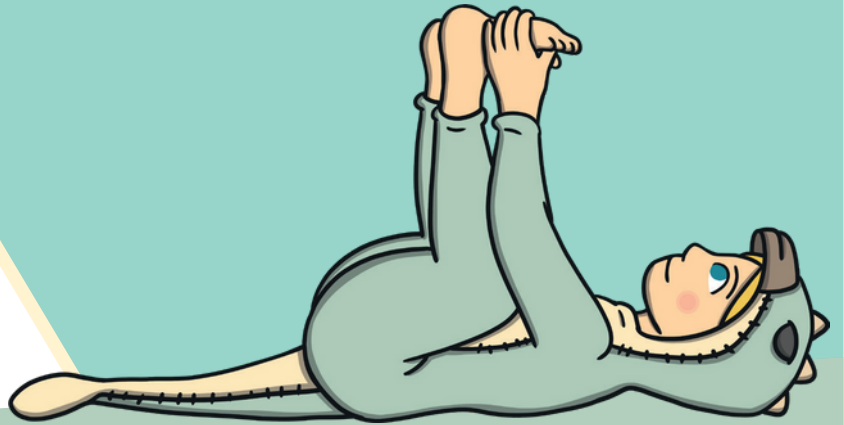
Can you be a Stegosaurus  
with large plates?



This is called  
**Downward Facing Dog Pose.**

## Dinosaur Yoga Cards

Can you be a baby  
dinosaur after hatching  
from your egg?



This is called  
**Happy Baby Pose.**

## Dinosaur Yoga Cards

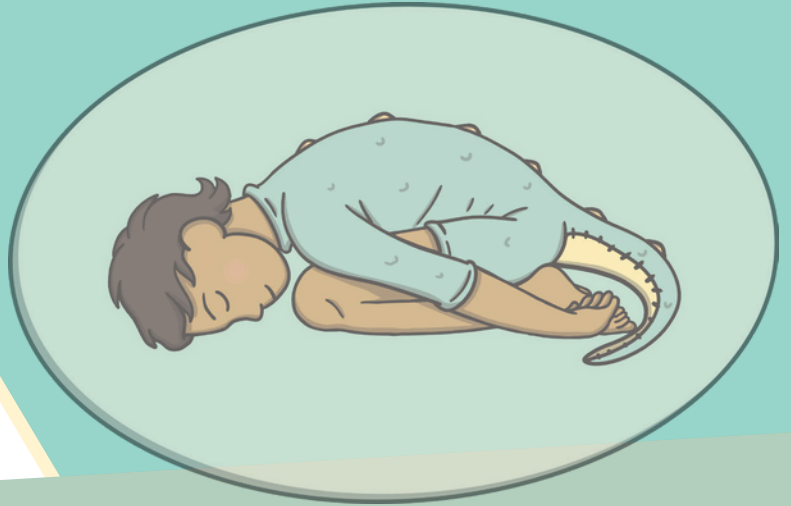
Can you be a Pterodactyl  
soaring through the sky?



This is called  
**Warrior 3 Pose.**

## Dinosaur Yoga Cards

Can you be a dinosaur  
egg ready to hatch?  
What dinosaur will you  
become?



This is called  
**Child's Pose.**

## Dinosaur Yoga Cards

Can you be a volcano  
ready to explode?



This is called  
**Mountain Pose.**

# Dinosaur Yoga Cards

## Twinkl Tip:

If you have access to a laminator and a hole punch, you can easily make these cards into a durable ring-bound resource to use over and over again.

## Get Creative:

Can your child use their body to create shapes that represent other animals in the dinosaur world? Will they have a long neck or sharp terrible claws?

Twinkl.com

We hope you find the information on our website and resources useful. This resource is provided for informational and educational purposes only. It is intended to offer general information and should never be taken as professional advice on mental health. As information on mental health is complex and is a developing area, we do not warrant that the information provided is correct. You should not rely on the material included within this resource and we do not accept any responsibility if you or your children do. It is up to you to contact a suitably qualified health professional if you are concerned about your mental health or the mental health of your children.

The physical activity contained within this resource may not fit your specific situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision, including changing the activities as appropriate. We are not responsible for the health and safety of your group or environment so we cannot accept liability for any loss suffered by anyone undertaking any activity referred to or described in this resource. It is also your responsibility to ensure that you or the organisation you are organising it for has the relevant insurance to carry out the physical activity. If you are unsure in any way, we recommend that you take guidance from a suitably qualified professional. You may also wish to take guidance as to whether and how participants should warm up before taking part in any activity and carefully assess any environmental risks and be sure participants have a safe space in which to take part. By using this resource, you acknowledge that it is the responsibility of supervising adults to ensure the safety of children in their care.