



A Kids Yoga Stories “Five for Five”:  
Five Kids Yoga Poses in Five Minutes

## **I Love Our Earth/ Amo Nuestra Tierra by Bill Martin Jr.**

Mountain - Mountain Pose

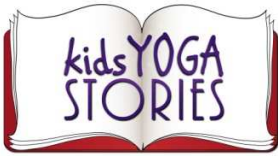
Sun - Extended Mountain Pose or Sun Salute

Tree - Tree Pose

Flower - Flower Pose

Stars – Resting Pose





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## **Brown Bear, Brown Bear, What Do You See? by Bill Martin Jr & Eric Carle**

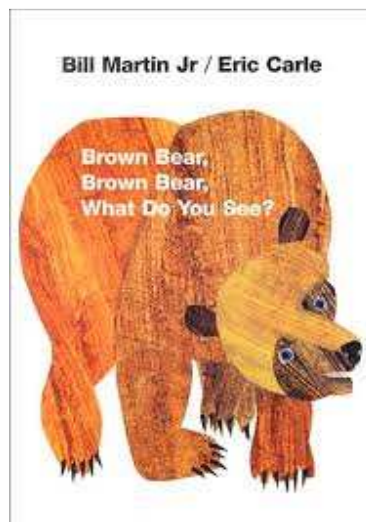
Bird - Warrior 3 Pose

Frog - Squat Pose

Bear - Downward-Facing Dog Pose

Fish - Bow Pose

Sheep - Cat Pose





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## **Polar Bear, Polar Bear, What Do You Hear? by Bill Martin Jr & Eric Carle**

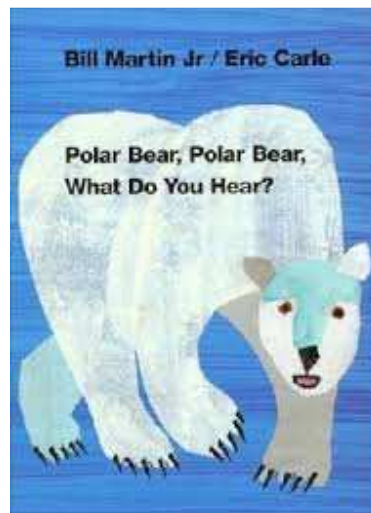
Flamingo - Tree Pose

Elephant - Elephant Pose

Bear - Downward-Facing Dog Pose

Walrus - Upward-Facing Dog Pose

Leopard - Cat Pose





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**Panda Bear, Panda Bear, What Do You See?**  
**by Bill Martin Jr & Eric Carle**

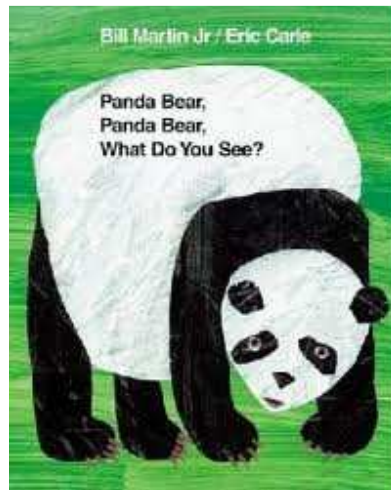
Eagle - Eagle Pose

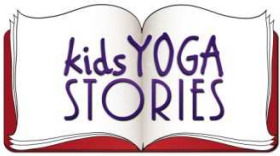
Monkey - Squat Pose

Fox - Kneeling

Panther - Cat Pose

Turtle - Extended Child's Pose





## **Baby Bear, Baby Bear, What Do You See?**

Baby Bear – Eagle Pose

Fox – Cow Pose

Flying Squirrel – Locust Pose

Mountain Goat – Downward-Facing Dog Pose

Blue Heron – Warrior 3 Pose

Prairie Dog – Hero's Pose

Striped Skunk – Cat Pose

Mule Deer – Hero's Pose with Twist

Rattlesnake – Cobra Pose

Screech Owl – Hero's Pose

Mama Bear – Downward-Facing Dog Pose

