

# The Secret of Saying Thanks

By Douglas Wood

Story Line	Yoga Pose/cues	Illustration
<p><u>1. Sun</u> Thank you sun for a new day for all its choices and challenges.</p>	<p><u>Sun Breath</u>: Inhale lift arms out wide over head. Exhale hands to heart. 3-5 times</p>	
<p><u>2. Flower</u> Thank it for its bright color, graceful blossom, sweet breath, making you smile.</p>	<p><u>Flower Pose</u>: Sit with a tall spine, lift up your legs, balance on sitting bones, weave arms under legs</p>	
<p><u>3. Tree</u> Grateful for the cool shade on a hot day, sound of the leaves in a breeze, roots to hold the earth in place.</p>	<p><u>Tree Pose</u>: Stand on one leg, bend other knee, place the sole of foot on inner leg/thigh/calf and balance.</p>	
<p><u>4. Rock/Stone</u> Thank you for your patience and silence in a world full of speed, noise and change</p>	<p><u>Child's Pose</u>: Sit back on heels, slowly bring your forehead down to rest in front of your knees, arms rest along body.</p>	

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<p><u>5. Bird</u> Grateful for a bird's song, and the sight of graceful creatures who dance on the wind.</p>	<p><u>Eagle Pose:</u> Stand on one leg, wrap other leg around, bring bent arms out in front and wrap together at elbows, bend knees. Perch on a branch like a bird.</p>	
<p><u>6. Fish</u> Perhaps you will remember to thank all creatures who swim, crawl or creep</p>	<p><u>Locust Pose:</u> Lie on your tummy, lift chest and shoulders up, look up, clasp hands behind your back, glide through the water like a fish.</p>	
<p><u>7. Crab</u> creatures with fur, feathers, scales and shells</p>	<p><u>Reverse Table Pose:</u> Come to sitting with your palms flat behind you and the soles of feet flat in front of you. Lift hips to create a table, then walk like a crab.</p>	
<p><u>8. Snake</u> reminding us of the mystery and beauty of all life here on this small blue planet</p>	<p><u>Cobra Pose:</u> Lie on tummy, place hands under shoulders, lift head and shoulders off ground, press hips and legs into ground, hiss.</p>	

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<p><u>9. Insects</u></p>	<p><u>Happy Baby Pose:</u> Lie on back with chin tucked in, hug knees into chest, grab the outside of feet with hands, rock back and forth.</p>	 <p>A cartoon illustration of a child with curly blonde hair, wearing a red shirt and brown shorts, lying on their back with knees pulled up towards their chest and feet together. The child is holding the outer edges of their feet with their hands. The illustration is enclosed in a circular frame with the text '© kidsvogastories.com' at the bottom.</p>
<p><u>10. Butterfly</u></p>	<p><u>Cobbler's Pose:</u> Sit with a tall spine, bend your legs, soles of the feet together, gently flap wings/knees up and down.</p>	 <p>A cartoon illustration of a girl with brown hair in pigtails, wearing an orange dress and blue shoes, sitting in a cross-legged position with her feet together and hands in a prayer position. The illustration is enclosed in a circular frame with the text '© kidsvogastories.com' at the bottom.</p>
<p><u>11. Horse</u></p>	<p><u>Horse Stance:</u> Stand with legs wide, feet facing slightly out, bend your knees, stand firm, steady</p>	 <p>A cartoon illustration of a girl with brown hair in pigtails, wearing an orange dress and blue shoes, standing with her feet wide apart and knees bent. Her hands are in a prayer position. The illustration is enclosed in a circular frame with the text '© kidsvogastories.com' at the bottom.</p>
<p><u>12. Cow</u></p>	<p><u>Cow Pose:</u> On all fours, lift hips, look up open your chest and arch your back.</p>	 <p>A cartoon illustration of a child with curly blonde hair, wearing a red shirt and brown shorts, on all fours with their hips lifted and head tilted back. The illustration is enclosed in a circular frame with the text '© kidsvogastories.com' at the bottom.</p>

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<p><u>13. Cat</u></p>	<p><u>Cat Pose:</u> On all fours tuck your chin to your chest and round your back.</p>	
<p><u>14. Dog</u></p>	<p><u>Downward Dog</u> <u>Pose:</u> From hands and knees, lift knees and hips up and back, hands press flat into earth.</p>	
<p><u>15. Stars</u> Give just enough light for wishing and dreaming upon Don't forget to thank them</p>	<p><u>Triangle Pose:</u> Stand with legs wide, turn one foot out, arms parallel to ground, bend at waist, reach front hand to shin, other arm reaches for stars</p>	
<p><u>16. Moon</u> and the soft shining moon that helps us find our way in the dark</p>	<p><u>Half Moon Pose:</u> From triangle bend front knee, move lower palm to floor, hop back leg in to balance and lift back leg parallel to floor, open front of body, top arm reaches to sky</p>	

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<p><u>17. Lakes, Rivers, Ponds</u> Beneath the moon is the earth's waters. Thank you water for for sweet drinks, cool</p>	<p><u>Boat</u>: Balance on your hips with your legs up. Rock in the water like a boat.</p>	 <p>A cartoon illustration of a girl with brown hair in pigtails, wearing an orange dress and blue shoes. She is in a boat pose (Navasana), balancing on her hips with her legs raised and feet together. The illustration is enclosed in a white circle with a grey border. A watermark '© kidsyogastories.com' is visible at the bottom of the circle.</p>
<p><u>18. Family at Dinner</u> Maybe you will find the secret at home sitting at a table with the people you love giving thanks for food and family to share it.</p>	<p><u>Energy Circuit</u>: Sit in a circle with a tall spine, cross your legs, rest left palm up and right palm down, connect to palms of your neighbors. Pass the squeeze/secret.</p>	 <p>A cartoon illustration of three children sitting in a circle on the floor, holding hands. On the left is a girl with long dark hair in a white shirt and pink pants. In the middle is a boy with spiky blonde hair in a red shirt and blue pants. On the right is a boy with short dark hair in a yellow shirt and green pants. They are all in a seated position with their legs crossed. The illustration is enclosed in a purple circle with a white border. A watermark '© kidsyogastories.com' is visible at the bottom of the circle.</p>
<p><u>19. Giving Thanks</u> The heart that gives thanks is a happy one.</p>	<p><u>Savasana</u>: Rest in gratitude</p>	 <p>A cartoon illustration of a child with blonde hair, wearing a red shirt and brown shorts, lying flat on their back in a Savasana (corpse) pose. The illustration is enclosed in a white circle with a grey border. A watermark '© kidsyogastories.com' is visible at the bottom of the circle.</p>
<p>20. We don't give thanks because we are happy. We are happy because we give thanks.</p>	<p><u>Easy Pose</u>: Sit comfortably cross-legged, and rest your hands in front of your heart to offer Namaste</p>	 <p>A cartoon illustration of a child with curly blonde hair, wearing a red t-shirt and brown shorts, sitting in an Easy Pose (Sukhasana) with legs crossed and hands resting on their knees. The illustration is enclosed in a white circle with a grey border. A watermark '© kidsyogastories.com' is visible at the bottom of the circle.</p>