

Many Colored Days Poses

RED	Galloping
	Zebra (spinal balance)
	Shoot the Arrow
	Playful Down Dog/ Scorpion Dog

BLUE	Bird
	Bird in a Tree
	Airplane
	Butterfly
	Super Hero on Tummy

BROWN	Child's pose
	Low Slow Monkey hangs
	Slow Bear Walks
	Slow Rolling Crocodiles
	Seated Rock your baby /firelogs



Many Colored Days Poses

YELLOW	Bees breath
	Flower
	Group Flower
	Growing Flowers

GRAY	Namaste
	Owl Twists (squat/seated)
	Straight, still Staff Pose
	Sage Pose

ORANGE	Boat pose
	Seal Tricks w/ beach ball
	Swan "seal"
	Rocking in Bow

Many Colored Days Poses

GREEN	Jelly Fish (wiggling forward fold)
	On tummy Fish swimming slowly
	Reclined Star fish

PURPLE	Slow deep Forward Fold
	Seated forward fold
	Resting Alligator

Happy Pink	Dancer pose
	Tip Toes, twinkle stars above
	Moon
	Ice Skating on mat



Many Colored Days Poses

BLACK	Up Dog Howling
	Down Dog
	Warrior Poses

MIXED UP	Free Style
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Just ME	Balancing Poses
	Legs Out
	Squat with arms out
	Favorite Pose
	End in Namaste

(For this I prompted words such as “Just Right Zone”, as several kids with sensory processing hear those terms from their OT frequently and can associate with that feeling of “normal” and “balanced”. I put a large peace sign in the center of all of us as a focal gaze point for balancing poses.)

