

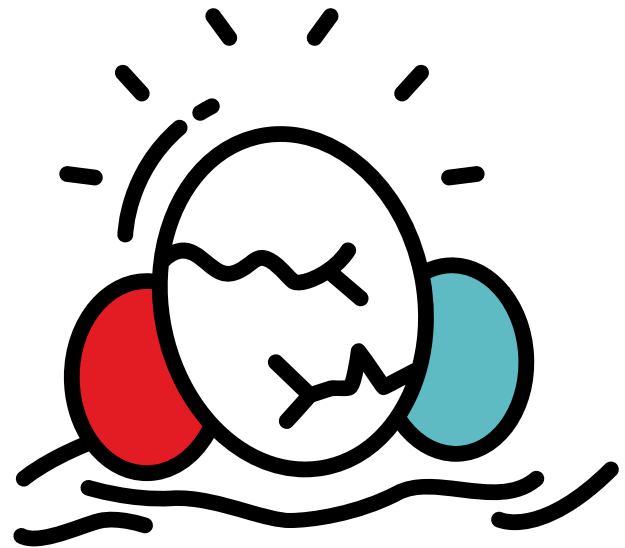
Amaze Your Brain *at Home!*

DINO YOGA

BEST FOR
18 months-
4 years

DINO EGG

1. Kneel on the floor.
2. Touch your heels together and spread your knees apart.
3. Bring your head down towards the floor.
4. Your hands can go where they are comfortable.
5. Relax while holding this pose.



Practice with Katie the Educator
and Gerald the Gnome online: https://youtu.be/bAD0x3_bxws



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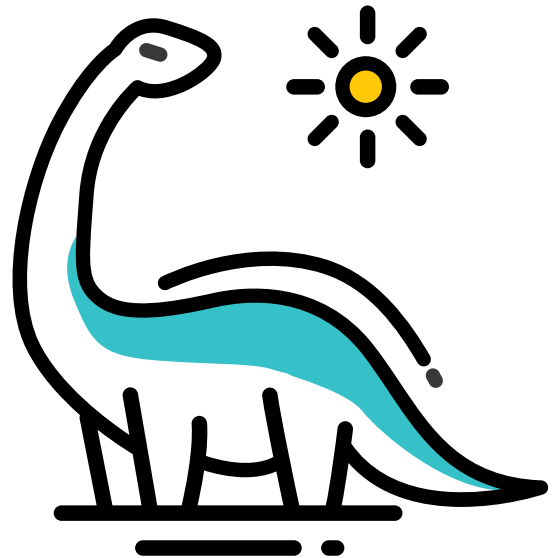
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DINO YOGA

BEST FOR
18 months-
4 years

WALKING DINO

1. Start out on your hands and knees.
2. Reach your right arm in front of you.
3. Reach your left leg behind you.
4. Hold.
5. Repeat on the opposite side.



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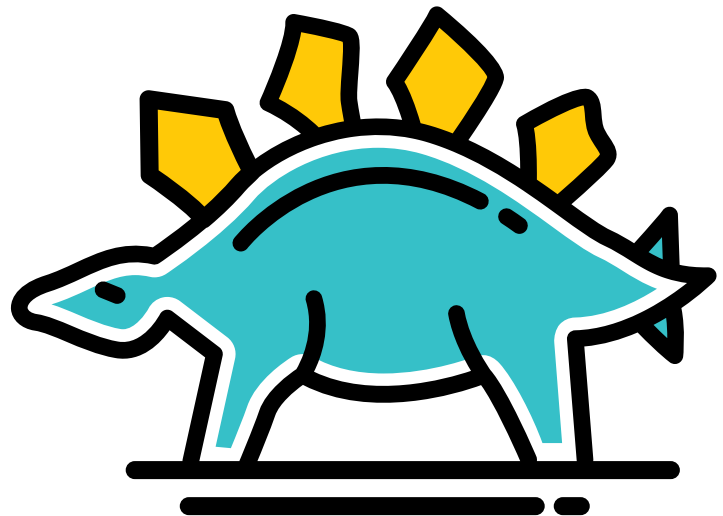
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STEGOSAURUS

1. Start on your hands and knees.
2. Make sure to keep your hands under your shoulders and knees under your hips.
3. Arch your back towards the ceiling.
4. Looks towards your tummy with your head.
5. Relax and repeat.



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PTERODACTYL

1. Stand tall with your feet together.
2. Reach your arms out to the side.
3. Lean forward while lifting one leg behind you.
4. Flap your arms like you are flying.
5. Repeat on the opposite side.



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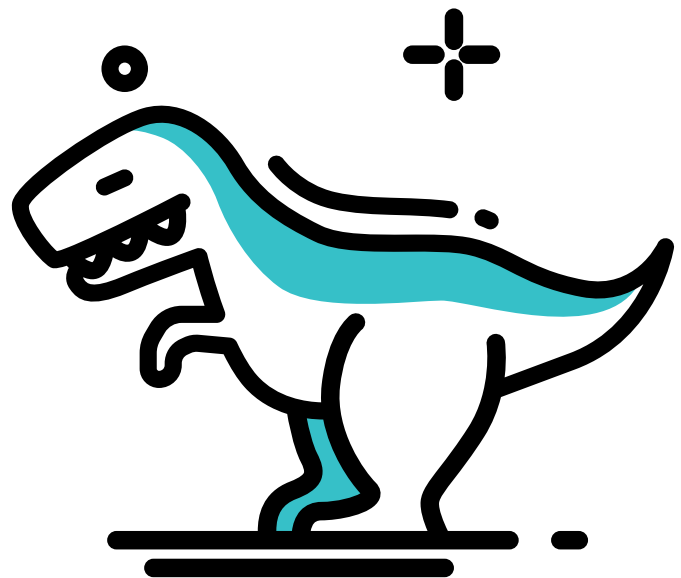
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DINO YOGA

BEST FOR
18 months-
4 years

TYRANNOSAURUS REX

1. Stand with your legs spread apart.
2. Turn your feet so they are slightly facing outward.
3. Slightly bend your knees and hold.
4. Move your hands in front of you like *T. rex*.



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