DINOSAUR

Yoga Cards

FOR KIDS

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About the Prehistoric Animals

The prehistoric animals below (both dinosaurs and reptiles) were chosen for their popularity, variety of size, interesting features, and locations from each of the continents. Note that the flying reptiles and marine reptile listed below lived at the same time as dinosaurs, but aren't technically classified as dinosaurs.

Quetzalcoatlus – kett-ZAL-coe-at-luss

The Quetzalcoatlus was the largest flying reptile (not a dinosaur) of all-time. It had a 50-foot wingspan and was as tall as a giraffe.

Lambeosaurus – lam-bee-oh-SORE-us

The Lambeosaurus was a crested, duck-billed plant-eating dinosaur that ran on two legs.

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About the Prehistoric Animals

(continued)

Tyrannosaurus – tye-RAN-oh-SORE-us

The Tyrannosaurus was a giant, aggressive, meat-eating dinosaur with long, sharp teeth.

Pteranodon – ter-ann-ah-don

The Pteranodon was a flying reptile (not a dinosaur) with a long head crest, and it was as big as a hang glider.

Brachiosaurus – BRACK-ee-oh-SORE-us

The Brachiosaurus was a gigantic, plant-eating dinosaur with a long neck like a giraffe's.

Argentinosaurus – ahr-gen-TEEN-oh-SORE-us

The Argentinosaurus weighed 100 tons and had a long neck and tail.

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About the Prehistoric Animals

(continued)

Oviraptor – OH-vih-RAP-tore

Oviraptors were small, meat-eating dinosaurs that looked like birds. They had feathers and made nests for their eggs.

Velociraptor – vell-oss-ih-RAP-tore

The Velociraptor was a small, meat-eating dinosaur the size of a dog. It had powerful jaws.

Diplodocus – dih-PLOD-uh-kus

The Diplodocus was a gigantic plant-eating dinosaurs with a long neck and a tail that it could whip like a dog's wagging tail.

Archaeopteryx – ARK-ee-OP-turr-ix

The name "Archaeopteryx" means "old wing," which is appropriate for this small, bird-like dinosaur.

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About the Prehistoric Animals

(continued)

Ankylosaurus – AN-ki-lo-SORE-us

The Ankylosaurus was a giant dinosaur with a bony club covered in a protected armor at the end of its tail.

Spinosaurus – SPINE-oh-SORE-us

The spinosaurus was a giant meat-eating dinosaur with a long jaw like a crocodile's.

Mussaurus – mus-SORE-us

The Mussaurus was a plant-eating dinosaur with a lizard-like head, a long neck, and a long tail.

Triceratops – tri-SERR-ah-tops

The name "Triceratops" means "three-horned face," and it was a big, plant-eating dinosaur with three horns and a large skull.

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About the Prehistoric Animals

(continued)

Stegosaurus – STEG-oh-SORE-us

The Stegosaurus was a big plant-eating dinosaur with a spiky tail and tall plates on its back.

Apatosaurus – uh-PAT-uh-SORE-us

The Apatosaurus was a gigantic plant-eating dinosaur with a long neck and tail.

Shonisaurus – shon-ee-saw-rus

The Shonisaurus was a deep-sea reptile (not a dinosaur) with four flippers and deep body.

Microraptor – MY-cro-RAP-tore

The Microraptor was the smallest of the dinosaurs, about the size of a chicken. It had feathers, wings, and claws on its feet. .

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About the Prehistoric Animals

(continued)

Minmi – MIN-mee

Minmis were small, slow-moving dinosaurs covered with hard armor. They had sharp teeth, which they used to eat plants.

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Dinosaur Yoga Tips

The yoga poses in the index are sequenced specifically to invite flow from one pose to the next.

These poses are inspired by prehistoric animals found all over the world.

Focus on having fun with movement, not on practicing perfectly aligned poses.

Engage the children.

Follow their passions and interests.

Create authentic, meaningful experiences.

Cater to their energy levels and different learning styles.

Adjust the number of yoga poses depending on the time available and the ages, needs, and energy levels of the children.

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Dinosaur Yoga Tips

(continued)

Be creative and enjoy yourself—
the kids will notice your enthusiasm.

Wear comfortable clothing
and practice barefoot.

Make safety a top priority—clear the space
of obstacles and be safe with your bodies.

Encourage the children to share their yoga
experiences with their families and friends.

Feel free to add your own dinosaur-
themed songs, music, relaxation stories,
or props.

Make the dinosaur-themed yoga
experience your own.

These yoga cards are designed to be
a guide and can be adapted
to suit your needs.

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How to Practice the Yoga Poses

(Alphabetical Order)

1. **Bow Pose:** Lie on your tummy, bend your knees, lift your chest, reach your arms back toward your toes, and hold on to your feet. Pretend to be a swimming **Shonisaurus**.

2. **Cat Pose:** On all fours, round your back and tuck your chin into your chest. Pretend to be a **Triceratops**.

3. **Chair Pose:** Stand tall in Mountain Pose with your feet hip-width apart, bend your knees, and keep a straight spine. Hold your hands out in front of you. Pretend to be an **Oviraptor**.

4. **Cobbler's Pose:** Sit on your buttocks with a tall spine, bend your legs, place the soles of your feet together. Pretend to be a **Microraptor**.

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How to Practice the Yoga Poses

(continued)

5. **Cow Pose:** On all fours, look up, arch your back, and open your chest. Pretend to be a **Stegosaurus**.

6. **Crescent Lunge:** From a standing position, step your right foot back into a lunge with your left foot directly over your left knee and a straight back leg. Inhale and take your parallel arms straight up overhead. Open your chest, look up, and take a few deep breaths. Flap your arms like an **Archaeopteryx**. Switch sides and repeat the steps.

7. **Downhill Skier:** Stand tall with your arms at your sides and your feet hip-width apart. This is Mountain Pose. From Mountain Pose, bend your knees and lean forward to rest your elbows on your thighs, slightly above your knees. Clasp your hands together,

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How to Practice the Yoga Poses

(continued)

keep a straight spine, and look forward. Pretend to be a **Velociraptor**.

8. **Extended Cat Pose:** Come to all fours, extend one leg out behind you, and look forward. Take the opposite arm out in front of you to counter balance. Pretend that your extended leg is the tail of an **Apatosaurus**. Repeat on the other side.

9. **Extended Child's Pose:** Sit on your heels, slowly bring your forehead down to rest in front of your knees, place the palms of your hands flat out in front of you, and take a few deep breaths. Imagine being a **Minmi**.

10. **Extended Mountain Pose with Flying Bird Breath:** Stand tall with your legs hip-width apart and feet facing forward. Relax your belly and take a

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How to Practice the Yoga Poses

(continued)

few deep breaths, filling your lungs all the way. Inhale and slowly lift your arms over your head, touching your palms together. Exhale and slowly bring your arms back down to your sides, touching your palms to your outer thighs. Pretend to be a flying **Quetzalcoatlus**.

11. **Extended Side Angle Pose:** Stand tall in Mountain Pose. Step one foot back, slightly angling it outward, keep your torso straight, and bend your front leg. Tilt your upper body forwards, rest your front elbow on your thigh (or take your hand to the floor) and reach your other arm straight up to the sky. Look up and pretend to be a **Brachiosaurus**. Repeat on the other side.

12. **Lizard Pose:** From Downward-Facing Dog Pose, shift forward to bring your

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How to Practice the Yoga Poses

(continued)

shoulders over your wrists. Gently place your right foot on the outside of your right hand, with your right foot facing forward. Stay in this deep lunge for a moment. If you're able, drop your elbows to the ground for a deeper stretch. Pretend to be a **Mussaurus**. Reverse the steps to come out of the pose. Switch sides and repeat the steps.

13. **Plank Pose:** From Downward-Facing Dog Pose, come forward to balance on your palms and on your bent toes in a plank position. Keep your arms straight and your back long and flat. Pretend to be a **Spinosaurus**.

14. **Squat Pose:** Come down to a squat with your knees apart and your arms between your knees. Touch your

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How to Practice the Yoga Poses

(continued)

hands to the ground. Pretend to be a **paleontologist** digging for fossils.

15. **Standing Split:** Stand tall then bend your upper body and place your fingers on the ground. Inhale and shift your weight to the right foot and lift your left leg out behind you. Pretend that your extended leg is the tail of a **Diplodocus**. Switch sides and repeat the steps.

16. **Three-Legged Dog Pose:** From an all-fours position, lift your knees, straighten your legs, and send your buttocks up into an upside-down V shape. Gently lift one leg up at a time, pretending to be the bony club of an **Ankylosaurus**.

17. **Triangle Pose:** From a standing position, step one foot back, placing the foot

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How to Practice the Yoga Poses

(continued)

facing slightly outward, take your arms up parallel to the ground, bend at your waist, tilt your upper body, reach your front hand to gently rest on your shin, and reach your other arm straight up. Pretend that your extended arm is the long neck of an **Argentinosaurus**.

18. **Warrior 1 Pose:** Step one foot back and bend your front knee. Reach both arms up overhead. Pretend to be a **Lambeosaurus**. Switch sides and repeat the steps.

19. **Warrior 2 Pose:** From Warrior 1, reach both arms out to the sides and look over your front fingertips. Make sure your front knee is bent forward. Pretend to be a **Tyrannosaurus**. Switch sides and repeat the steps.

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How to Practice the Yoga Poses

(continued)

20. **Warrior 3 Pose:** Stand on one leg. Extend the other leg behind you, flexing your foot. Bend your torso forward and take your arms back alongside your body. Flap your arms like a flying **Pteranodon**. Switch sides and repeat the steps.

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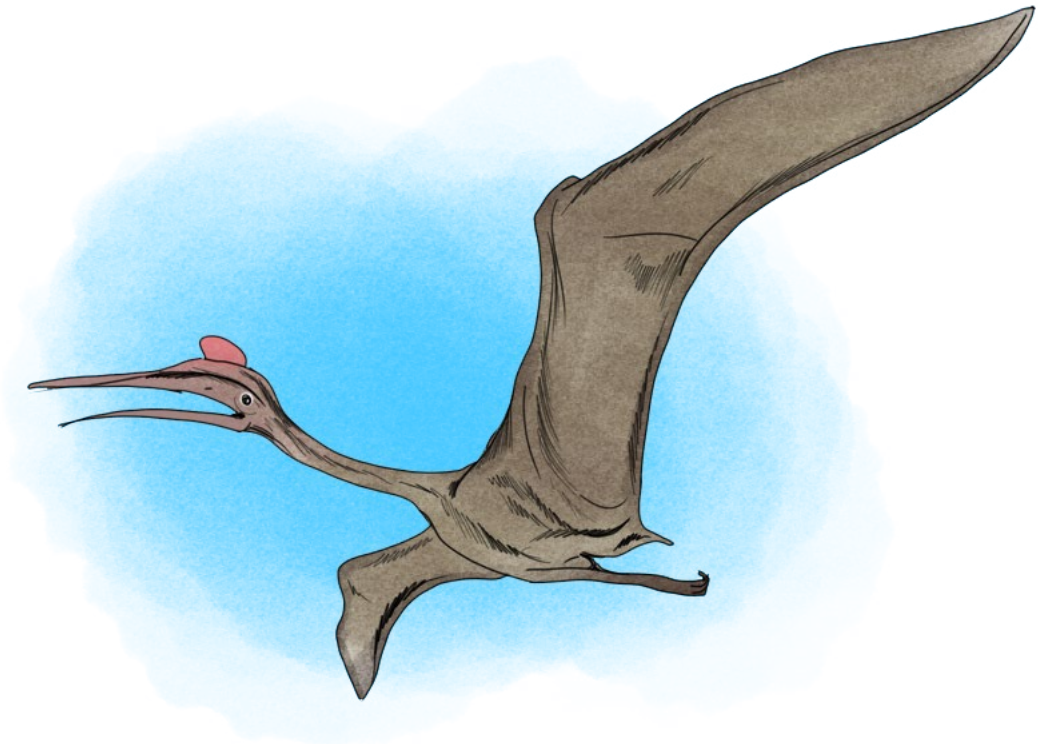

Quetzalcoatlus

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Extended Mountain Pose
with Flying Bird Breath

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Lambeosaurus

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Warrior 1 Pose

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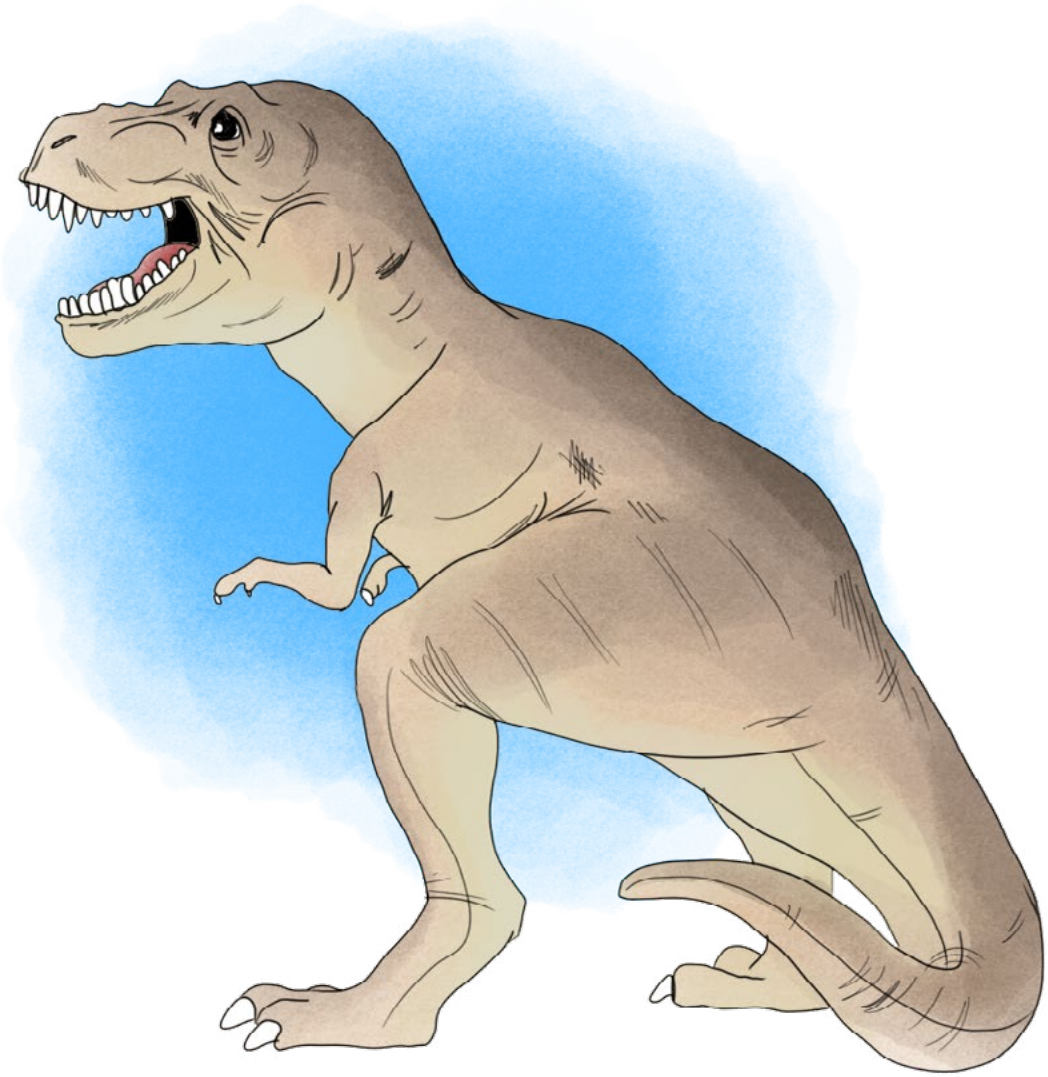

Tyrannosaurus

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Warrior 2 Pose

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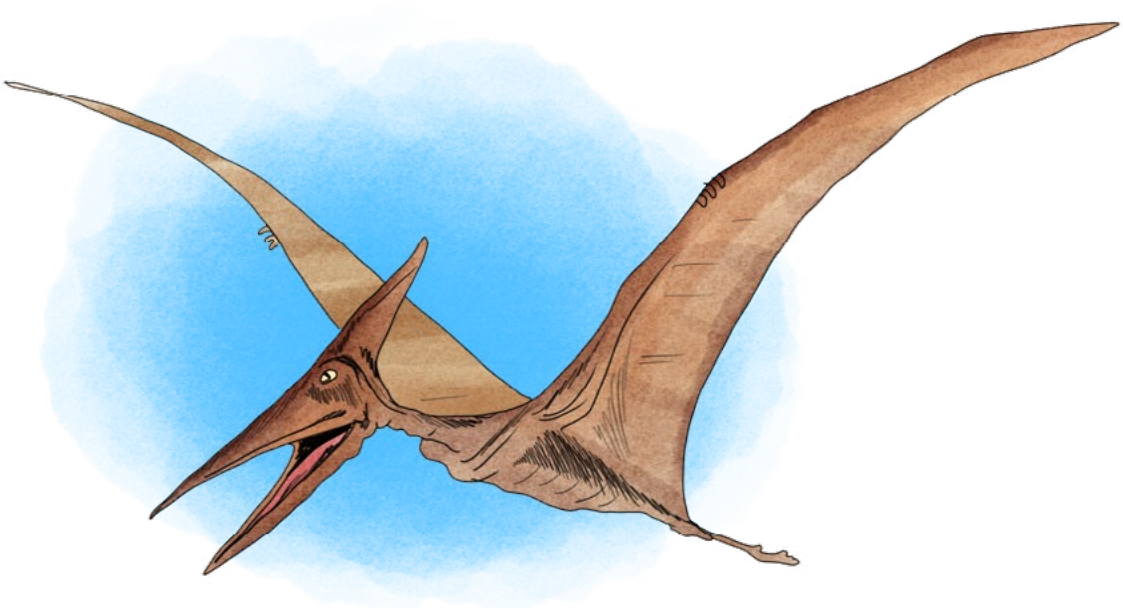

Pteranodon

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Warrior 3 Pose

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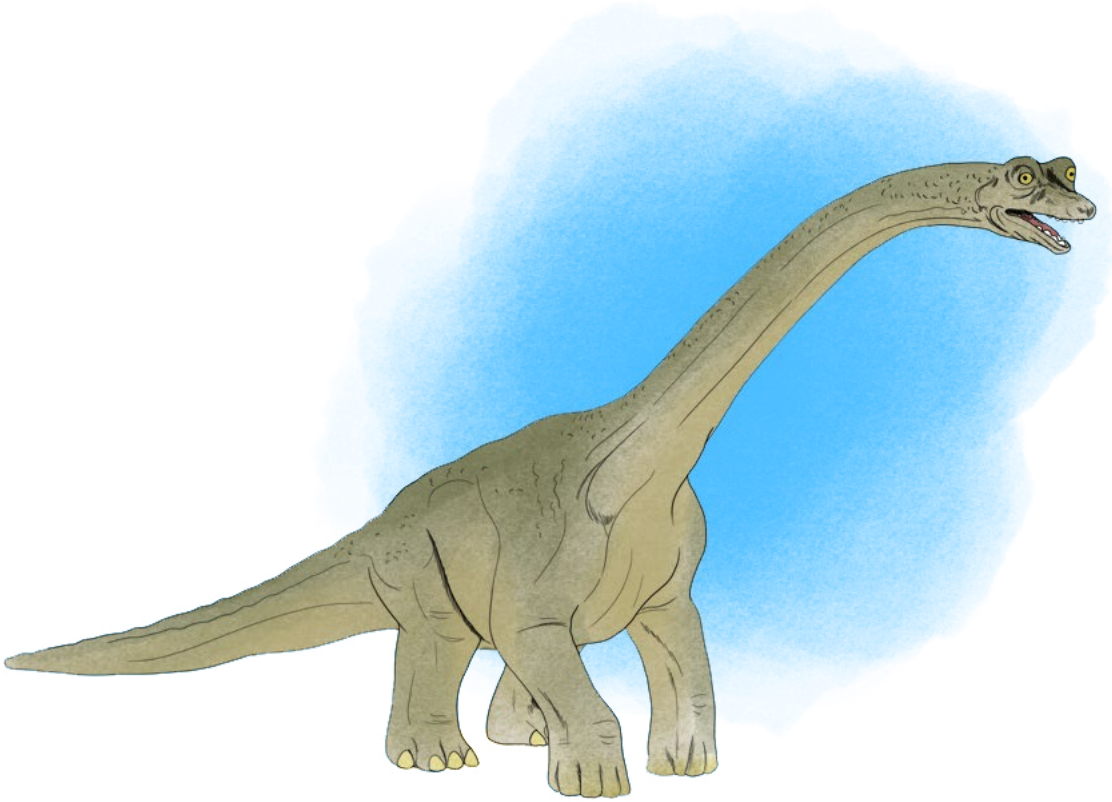

Brachiosaurus

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Extended Side Angle Pose

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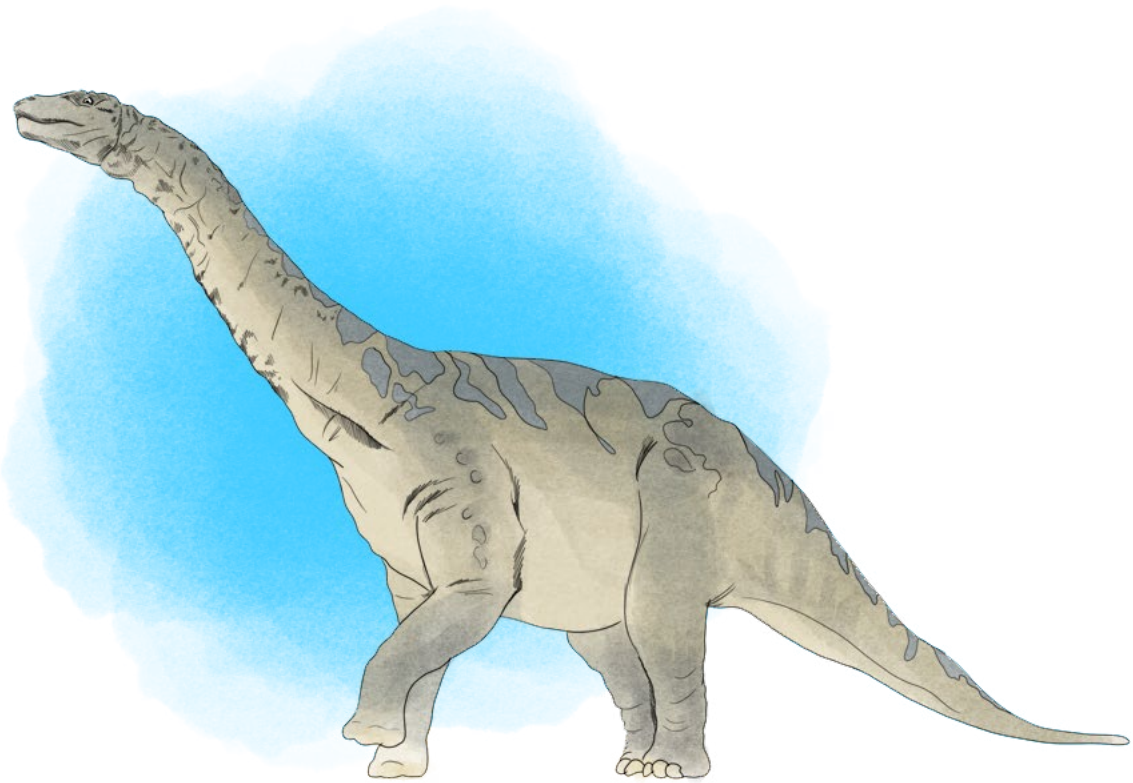

Argentinosaurus

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Triangle Pose

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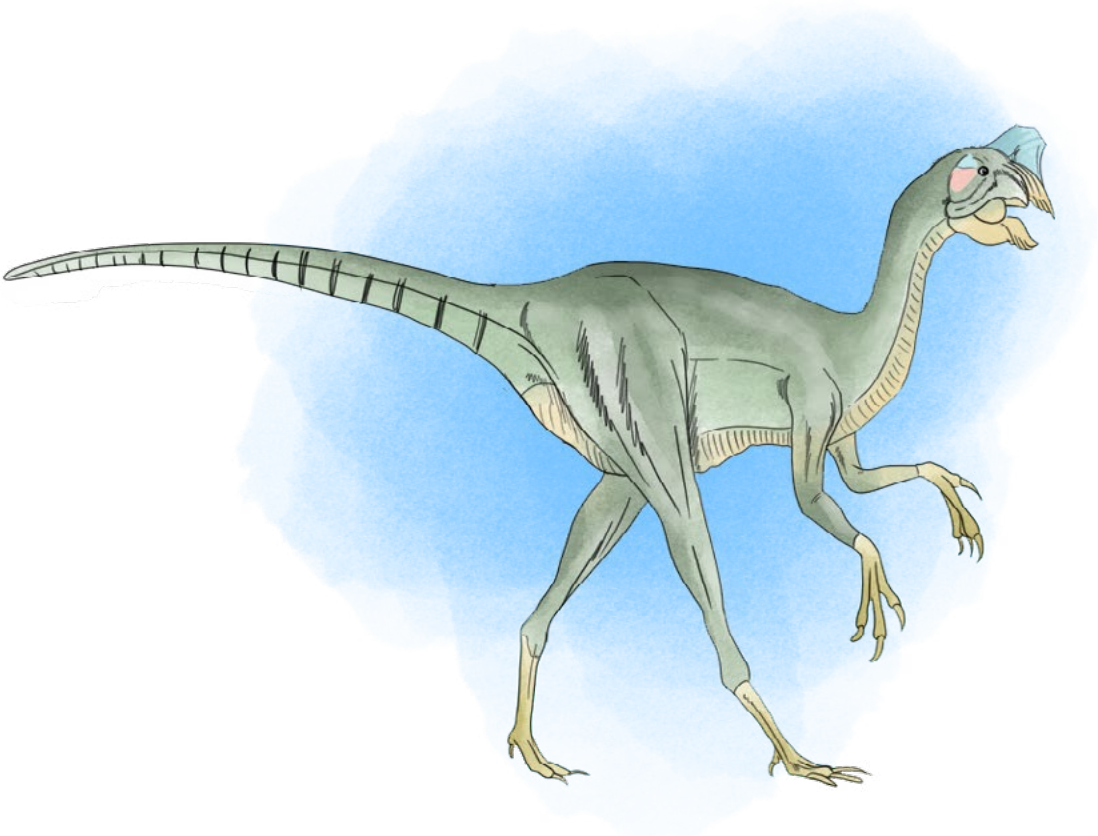

Oviraptor

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Chair Pose

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Velociraptor

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Downhill Skier Pose

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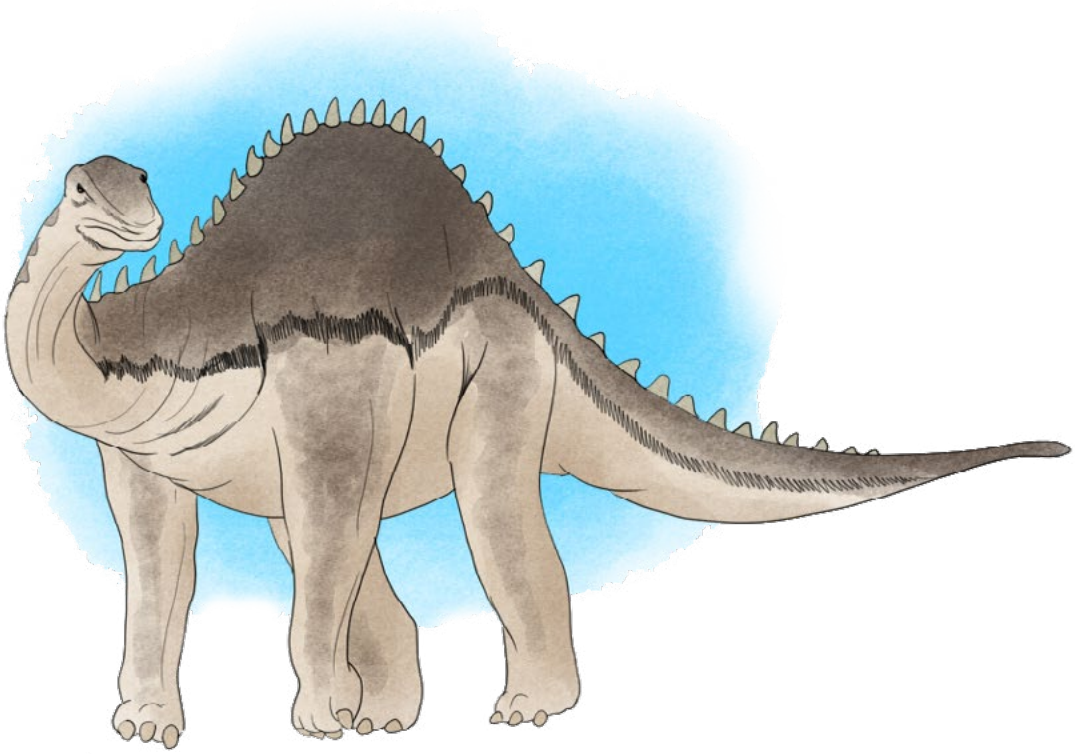

Diplodocus

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Standing Split

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Paleontologist

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Squat Pose

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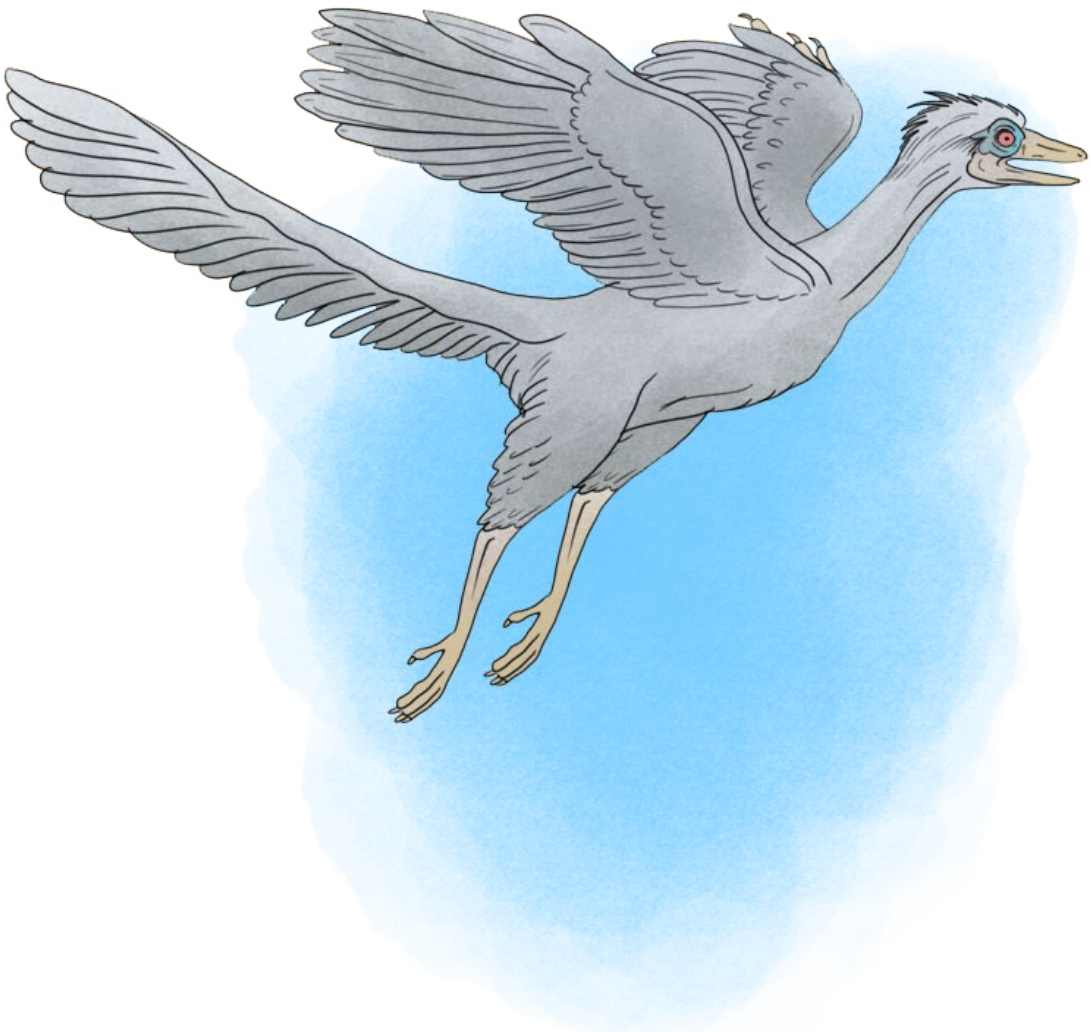

Archaeopteryx

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Crescent Lunge

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Ankylosaurus

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Three-Legged Dog Pose

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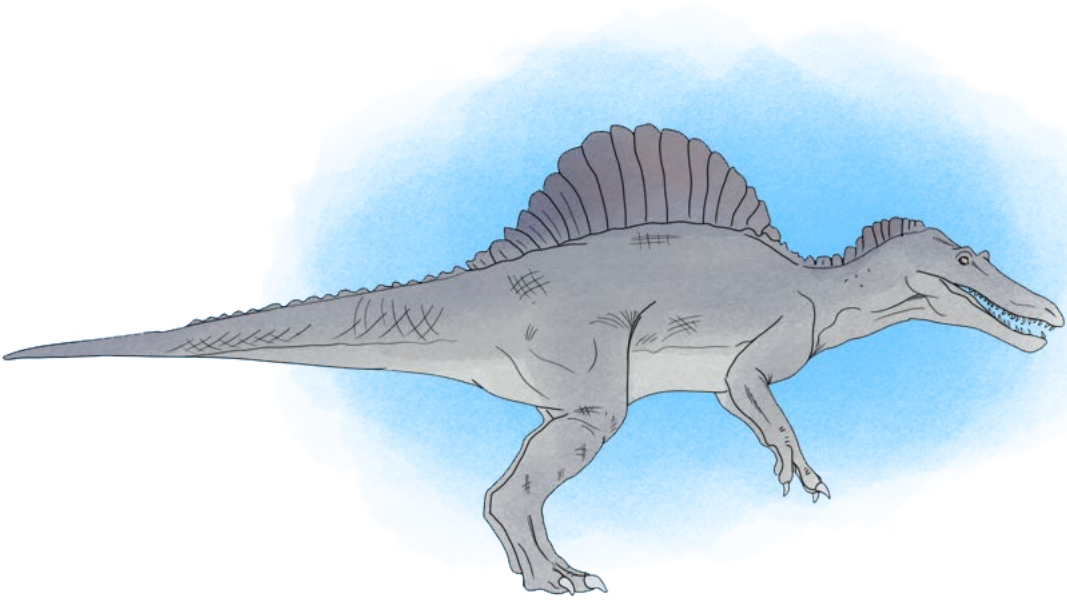

Spinosaurus

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Plank Pose

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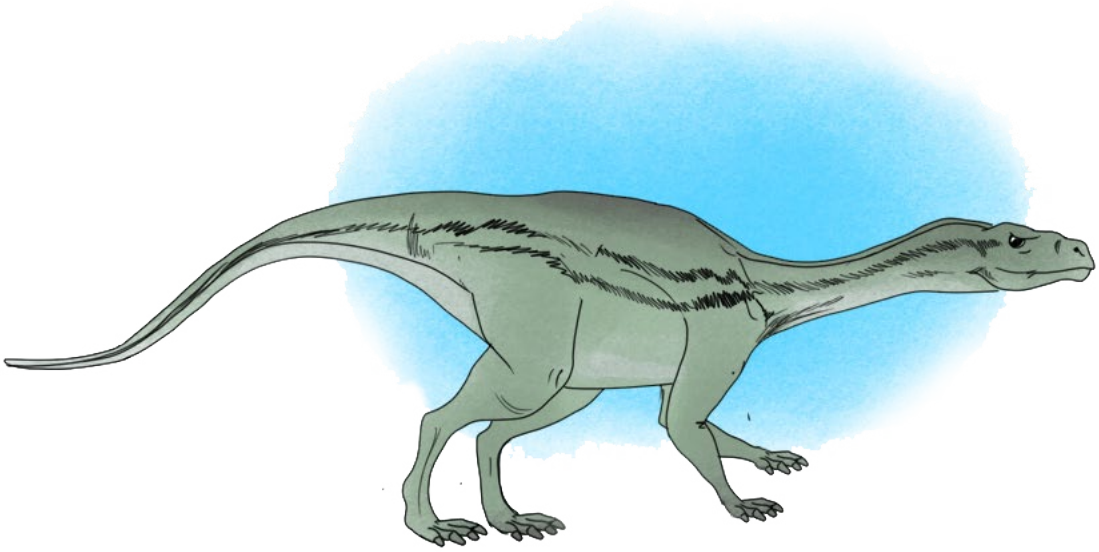

Mussaurus

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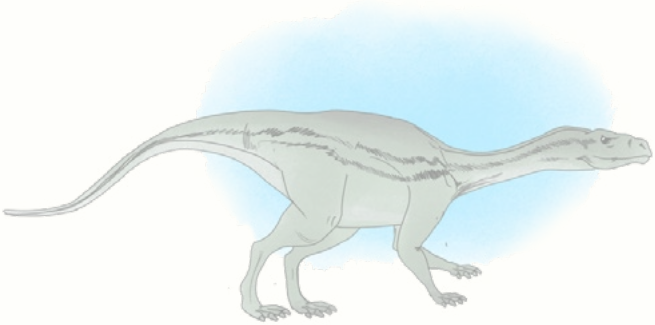

Lizard Pose

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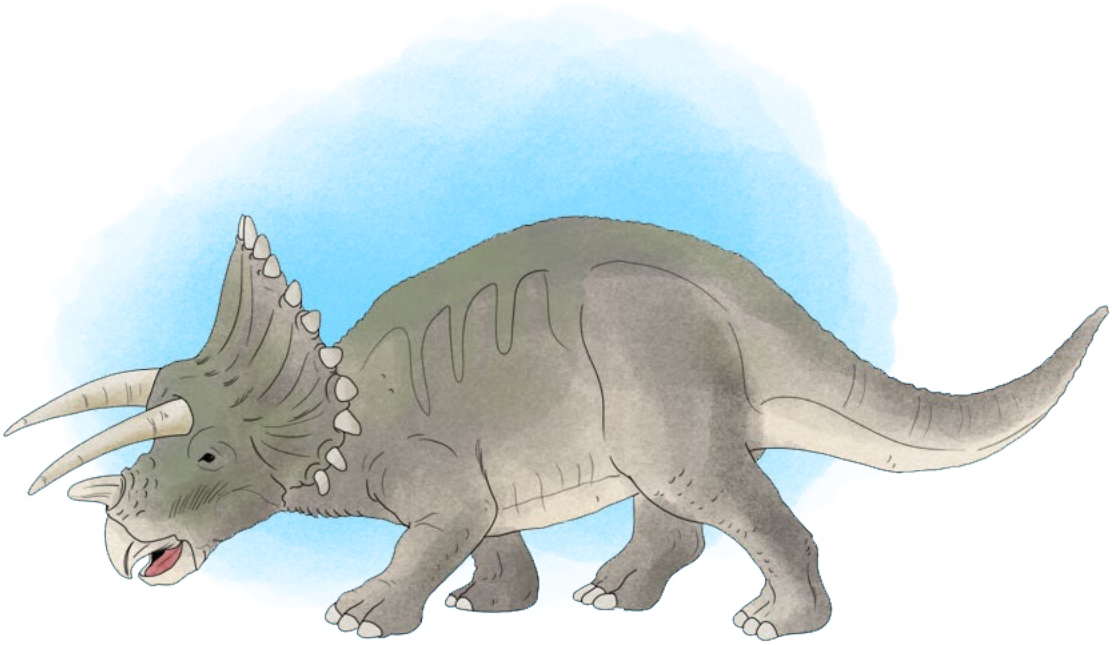

Triceratops

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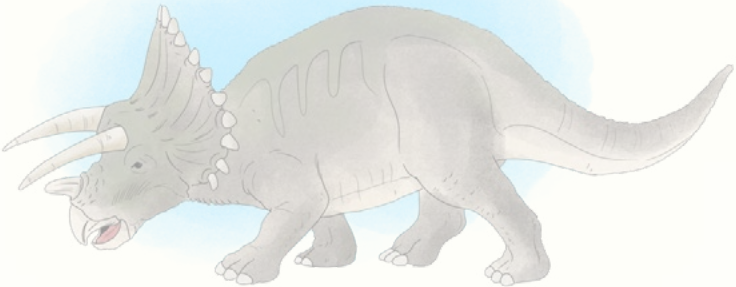

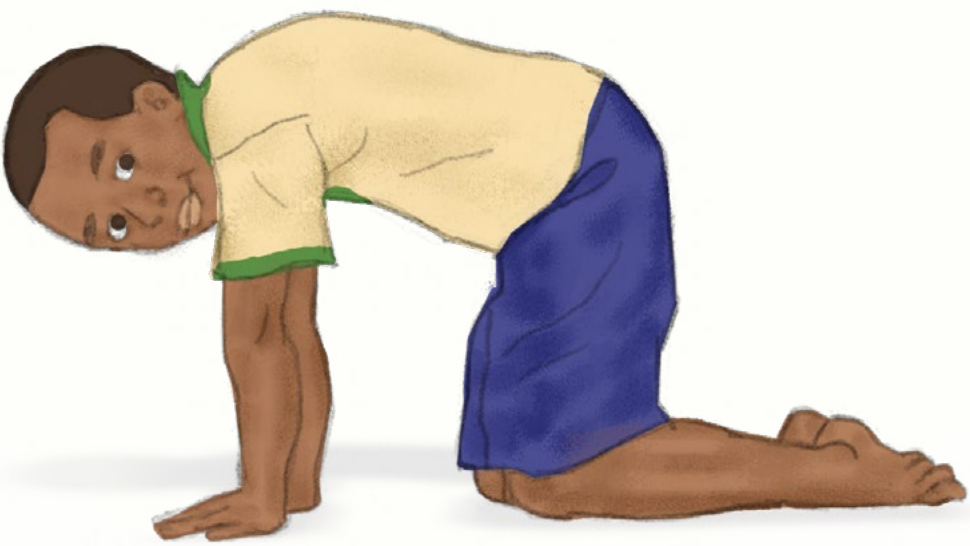

Cat Pose

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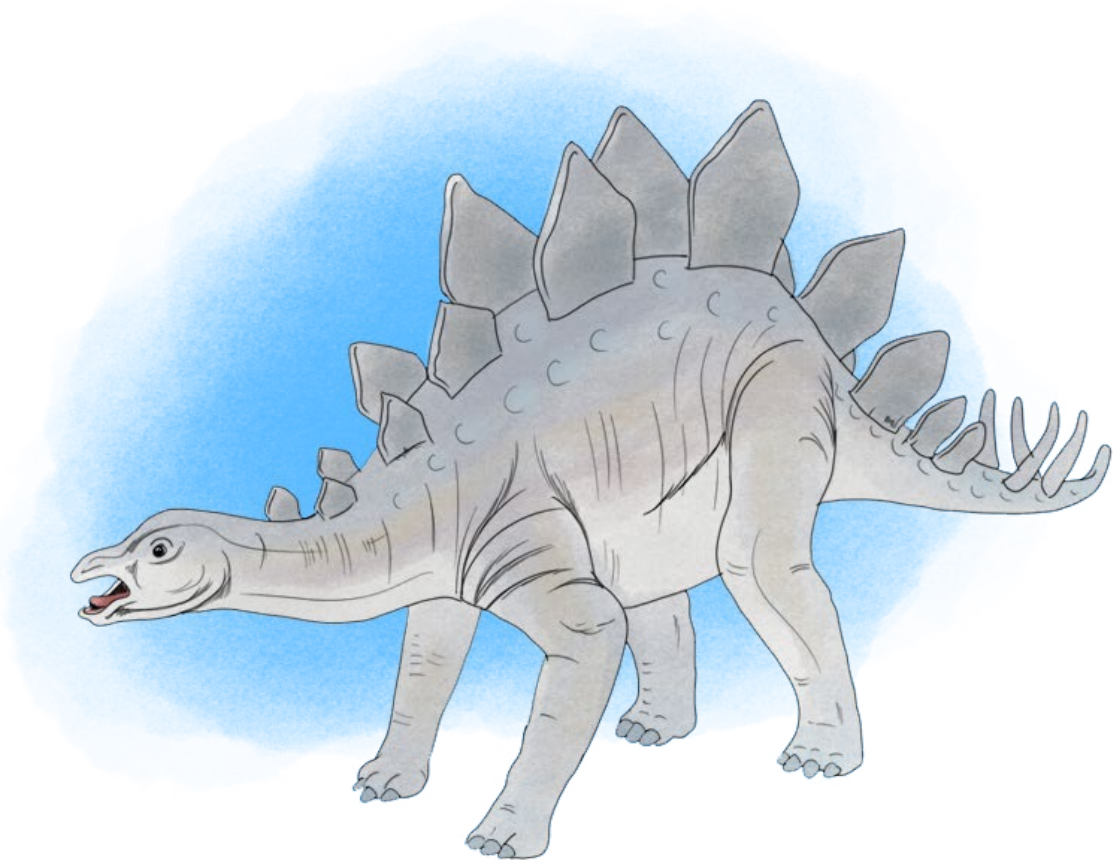

Stegosaurus

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Cow Pose

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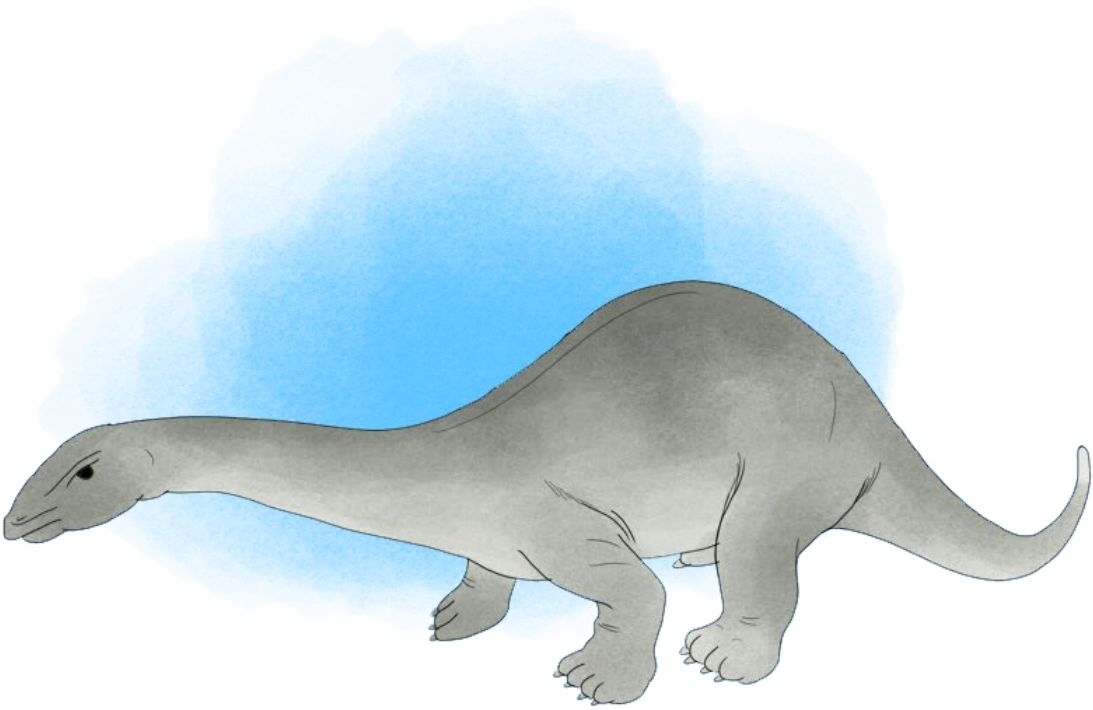

Apatosaurus

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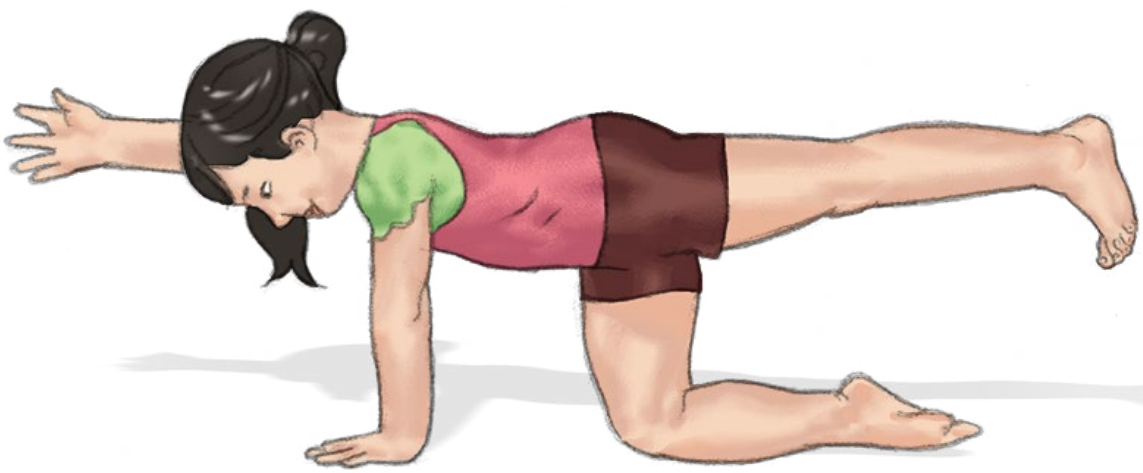

Extended Cat Pose

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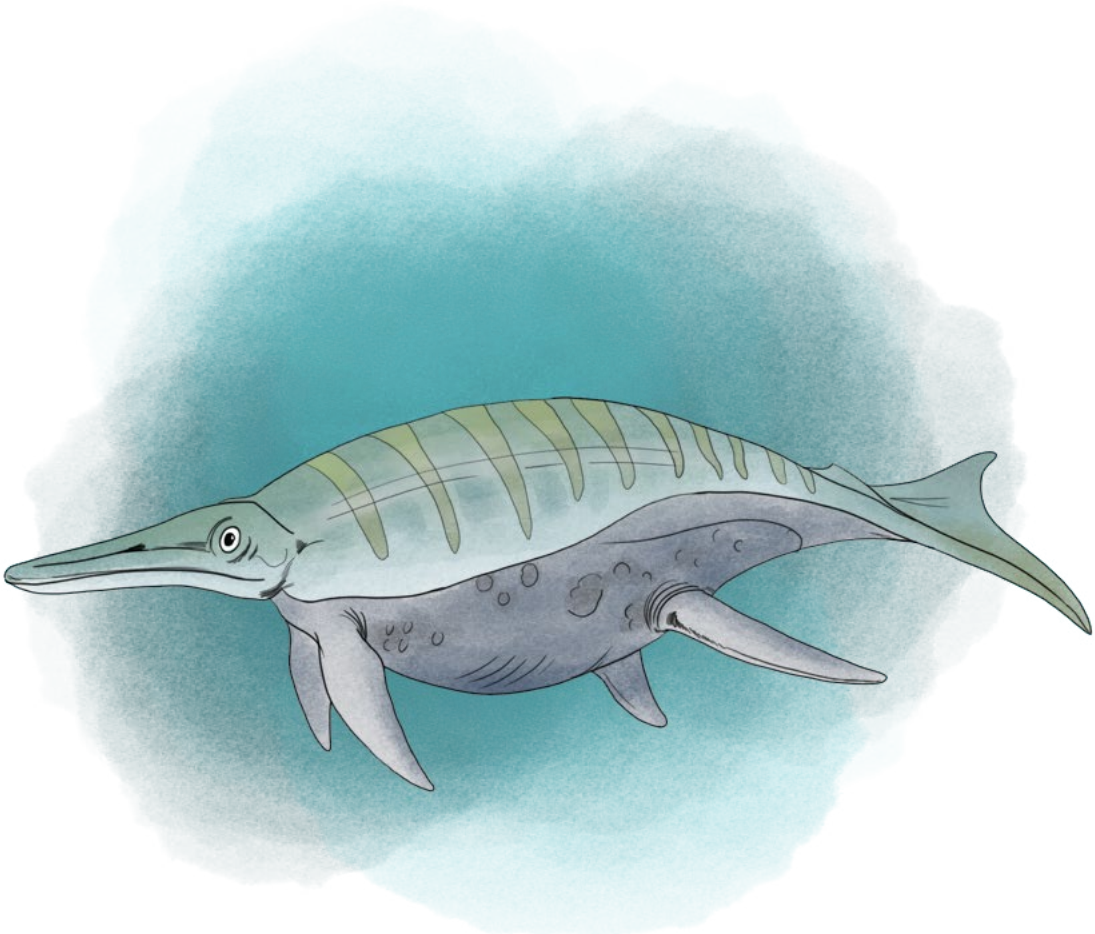

Shonisaurus

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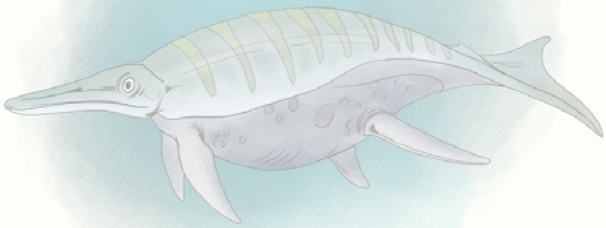

Bow Pose

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Microraptor

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Cobbler's Pose

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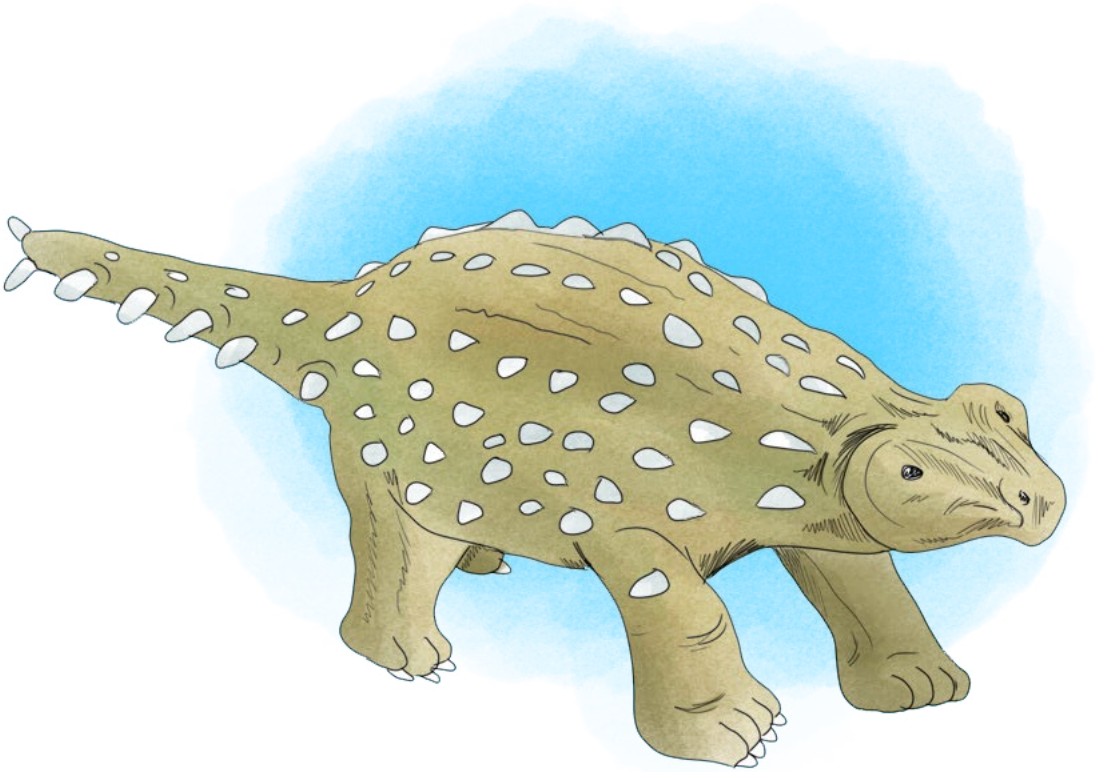

Minmi

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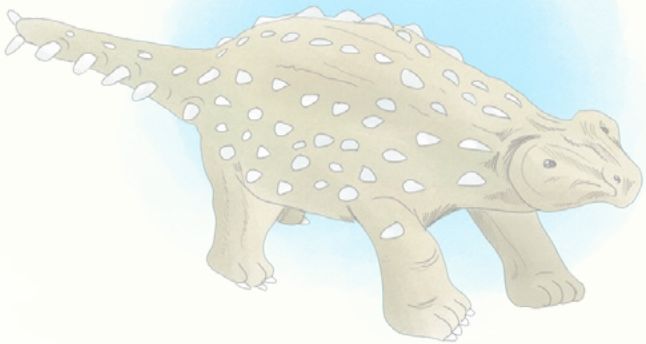

Extended Child's Pose

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