

# Yoga – Downward Facing Dog

Good for indoor or outdoor play



## What You Will Need:

- Yoga mat or towel
- Small area to spread mat or towel
- Comfortable clothing

*For better health, adults need 150 minutes of physical activity a week and kids need 60 minutes of active play each day. Turning exercise into play makes the minutes quickly add up! Try simple and fun yoga poses with your kids and you'll have a great time!*



## Build up your strength and flexibility by practicing yoga poses!

1. Start on your hands and knees and take a deep breath in.
2. Curl your toes under and press them against the floor.
3. Breathe out and lift your tailbone into the air.
4. Straighten your knees and try to press your heels down toward the floor.
5. Allow your head to drop so that it lines up with your spine.

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