

○ MUSIC  city COUNSELOR

THANK YOU FOR YOUR  
PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

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♥ **MEMBERSHIP:** [www.counselorcollab.com](http://www.counselorcollab.com)

# ASCA MINDSETS & BEHAVIORS:

## Mindset Standards:

- M1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

## Behavior Standards:

- B-SMS 2: Self-discipline and self-control
- B-SMS 7: Effective coping skills
- B-SS 9: Social maturity and behaviors appropriate to the situation and environment



# **DIRECTIONS PAGE 1:**

**This lesson will take approximately 45 minutes to complete.**

## **Recommended Sequence:**

1. Review the PowerPoint or digital for Google Slides presentation.
2. Choice of activities:
  - Yoga cards
  - Worksheets
  - Coloring pages
3. Display the posters in your space.

## **PowerPoint Presentation:**

PowerPoint and digital for Google Slides versions of the same presentation are included. The presentation first teaches students about "Yeti-Sized Feelings:" big feelings that we all have from time to time (i.e. anger, sadness, anxiety). Then, it explains that when big feelings come, we can use Yeti Yoga to calm down. Next, the presentation teaches students 20 different Yeti Yoga poses. A kid-friendly description of how to do each pose is offered at the bottom of the slide. {NOTE: I changed the term "Corpse Pose" to "Sleepy Pose" to make it more kid-friendly.}

You can use this presentation in many ways! You can go through the whole presentation and have kids learn all 20 poses in 1 lesson, you can teach 1 pose per day for a month, you can teach 10 poses now and 10 later, etc. whatever works best for you and your students!

## **Posters:**

21 posters are included: a feelings chart + one poster for each Yeti Yoga pose. Please use these in instruction and display them in your space!

# DIRECTIONS PAGE 2:

## Yoga Cards:

There are endless ways to use these yoga cards! 20 color and black/white cards are included. Here are some ideas for you:

- **Yoga Card Deck:** Let kids pick a card when they're feeling overwhelmed and try that yoga pose. Keep the cards in your Calm Corner or in students' desks!
- **Yoga Journals:** Kids draw or glue a yoga card into their journal and reflect on how the pose helps them.
- **Session Closure:** End counseling sessions or lessons by letting kids choose a card and lead the group in that pose.
- **Yoga Pose of the Day:** Highlight one pose card each day and practice it throughout the day or week.
- **Mindful Movement Breaks:** Use the cards between transitions or after high-energy times to help calm and refocus students.
- **Morning Movement Routine:** Start each day with 2-3 random yoga cards to warm up bodies and minds.
- **Yoga Freeze Dance:** Play music and when it stops, draw a yoga card and freeze in that pose!

## Worksheets and Coloring Pages:

Assorted worksheets and coloring pages are included to close the lesson. Please choose the ones that best meet the needs and abilities of your students, and the amount of time you have!

## Questions, comments, or suggestions?

Please contact me at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com). I am here to help! PS I SO appreciate when you please take a moment to leave a review on my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality materials, and helps my small business grow! ☺

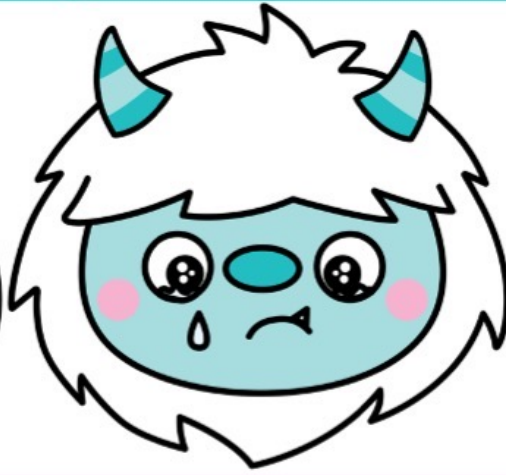


POSTERS

# MY YETI FEELINGS



Happy



Sad



Angry



Silly



Surprised



Anxious



Scared



Annoyed



Disappointed

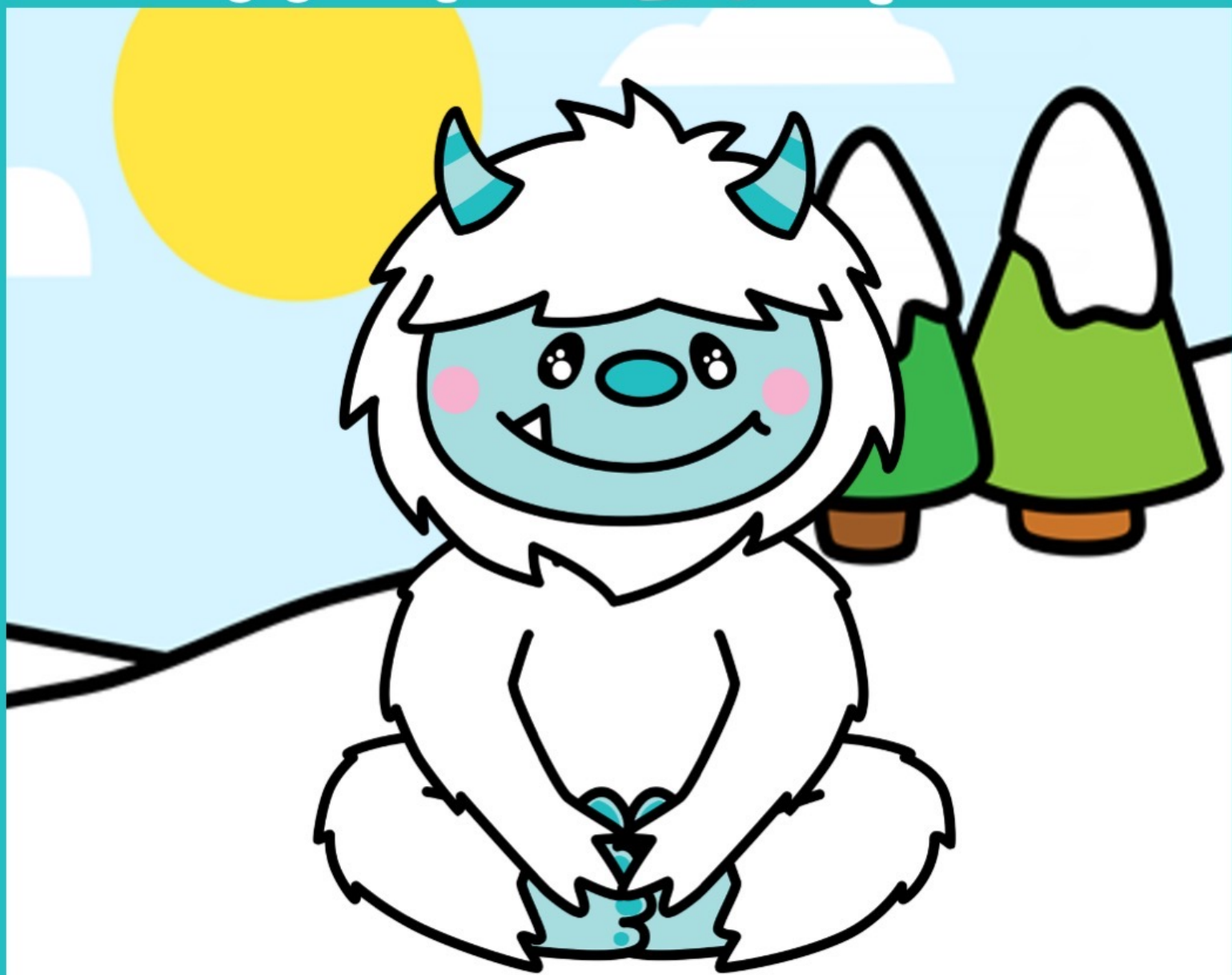


# CHILD POSE



Kneel down and sit your bottom on your heels. Lower your head and chest down so they rest on your legs. Stretch out your arms like you're reaching for a toy.

# BUTTERFLY POSE



Sit down with your back straight. Bend your knees and bring the bottoms of your feet together. Hold your feet with your hands. Flap your knees like they're wings.



# BRIDGE POSE



Lie down on your back. Bend your knees and put your feet flat on the floor. Put your arms down by your sides. Lift your bottom up, like you're building a bridge.

# CHAIR POSE



Stand up with your feet shoulder-length apart. Reach your arms up high. Bend your knees like you're sitting down in an invisible chair. Keep your back straight.



# CAMEL POSE



Kneel down and stand tall on your knees. Lift your chest up and gently lean back, like a camel stretching its neck. Reach your hands down and hold your heels.

# BOAT POSE



Sit down. Lean back just a little bit. Lift your feet off the floor so your legs make a "V". Reach your arms forward. Try to balance like a little boat on the water!



# SLEEPY POSE



Lie down on your back like you're getting ready to take a nap. Let your arms and legs spread out a little. Close your eyes and take slow, gentle breaths.

# COW POSE



Get on your hands and knees like a cow. Make sure your hands are under your shoulders and your knees are under your hips. Lift your head and tail up to the sky.



# DOWNWARD DOG POSE



Start on your hands and knees, like you're going to crawl. Tuck your toes and push your bottom up toward the sky. Straighten your legs and let your head hang down.

# COBRA POSE



Lie down on your tummy with your legs stretched out behind you. Press your hands into the floor and lift your chest up, like a snake popping up to look around.



# FLAMINGO POSE



Stand up tall. Lift one knee up and place that foot on your other leg, like a flamingo standing in the water. Stretch your arms up to the sky and put your hands together.

# WARRIOR I POSE



Stand up. Step one foot back. Point your front foot forward and your back foot a little to the side. Bend your front knee. Reach both arms up high. Look up at your hands.



# MOUNTAIN POSE



Stand up tall with your feet shoulder-length apart. Raise your arms high up to the sky. Press your feet into the ground and imagine your body growing tall like a mountain.

# FROG POSE



Squat down low to the ground, like a little frog about to hop. Put your hands on the floor in front of you. Spread your knees wide. Keep your back straight.



# TURTLE POSE



Sit down. Open your legs wide. Bend your knees and keep your feet pointing up.

Slide your arms under your legs like you're tucking them into your shell. Gently lean forward.

# WARRIOR 2 POSE



Stand up tall. Take a big step to the side so your feet are far apart. Turn your front foot forward and your back foot sideways. Bend your front knee. Stretch your arms out.

# TREE POSE



Stand up tall like a tree. Lift one foot and gently place it on your other leg. Press your hands together in front of your heart. Breathe and try to balance.



# TRIANGLE POSE



Stand up and spread your feet wide apart. Turn one foot forward. Reach your front hand down and lift your other arm up high, forming a triangle. Look at your top hand.

# WARRIOR 3 POSE



Stand up. Put your arms out in front of you like a superhero getting ready to fly. Lean forward slowly. Lift one leg straight behind you. Balance and breathe.

# TABLE POSE



Sit down. Put your feet flat on the floor. Put your hands on the floor behind you and straighten your arms. Lift your bottom up like you're a flat table. Balance and breathe.

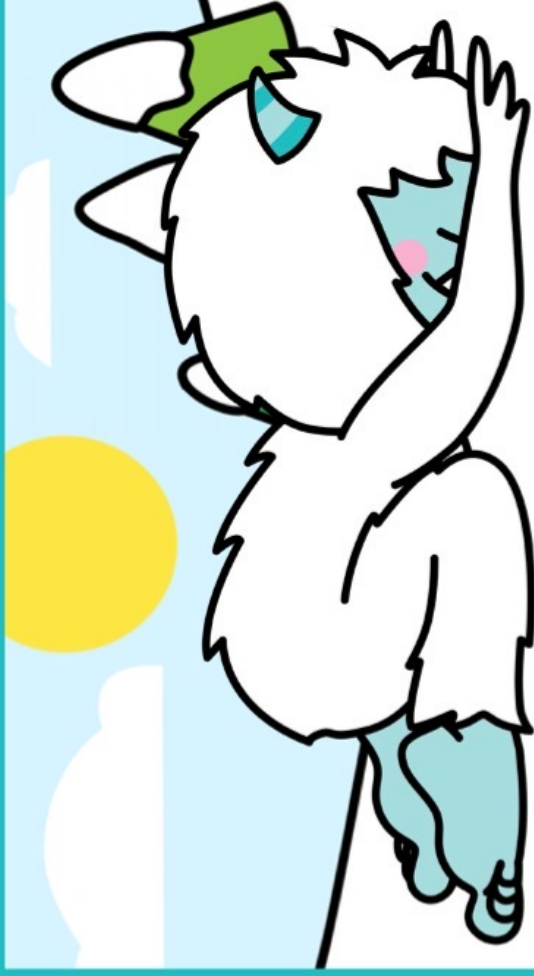


# YOGA CARDS



TABLE POSE

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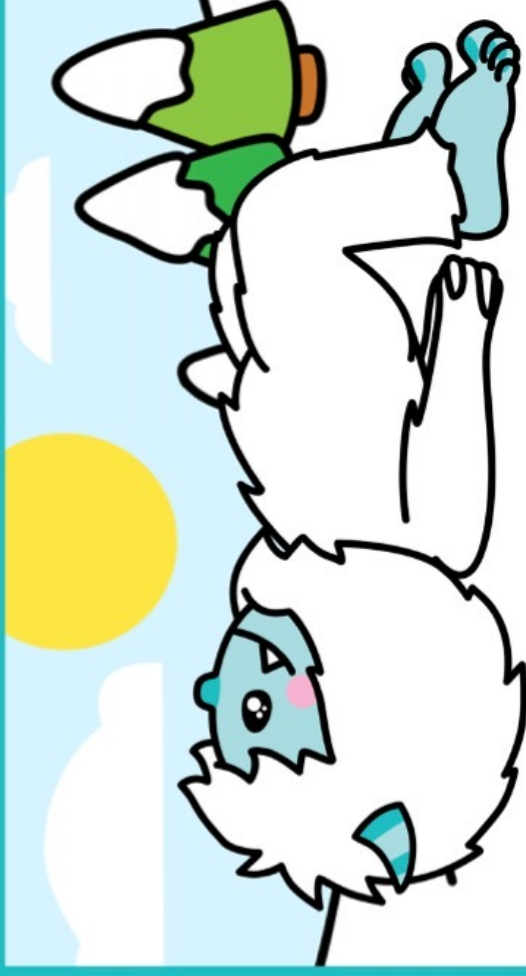
CHILD POSE

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BUTTERFLY POSE

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BRIDGE POSE

© Music City Counselor



**CHAIR POSE**

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**CAMEL POSE**

© Music City Counselor



**BOAT POSE**

© Music City Counselor



**SLEEPY POSE**

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COW POSE

© Music City Counselor



DOWNWARD DOG POSE

© Music City Counselor



COBRA POSE

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FLAMINGO  
POSE

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**WARRIOR I POSE**

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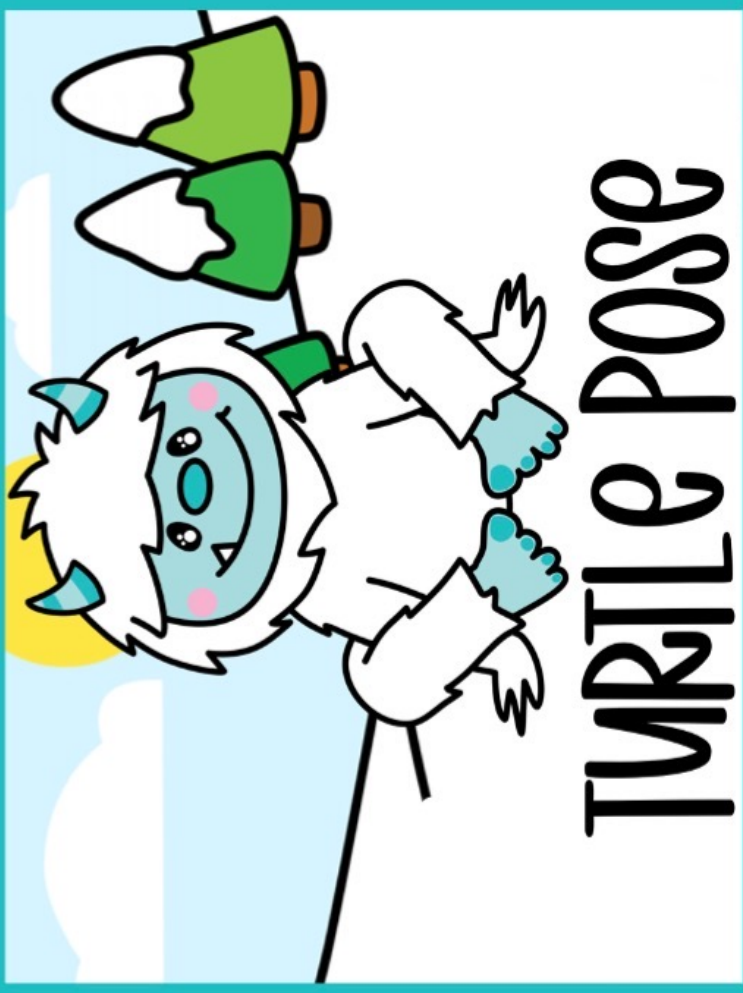
**MOUNTAIN  
POSE**

© Music City Counselor



**FROG POSE**

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**TURTLE POSE**

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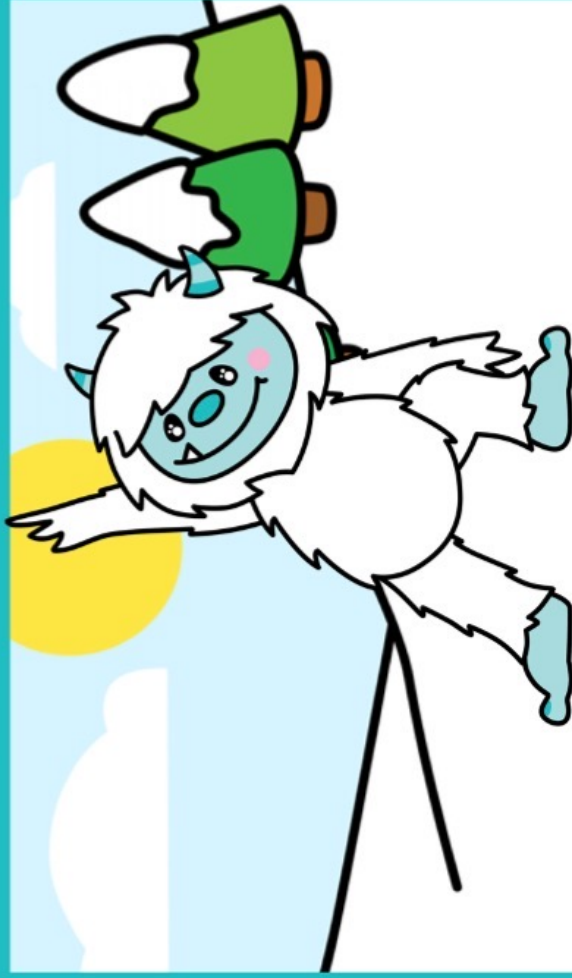
# WARRIOR 2 POSE

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# TREE POSE

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# TRIANGLE POSE

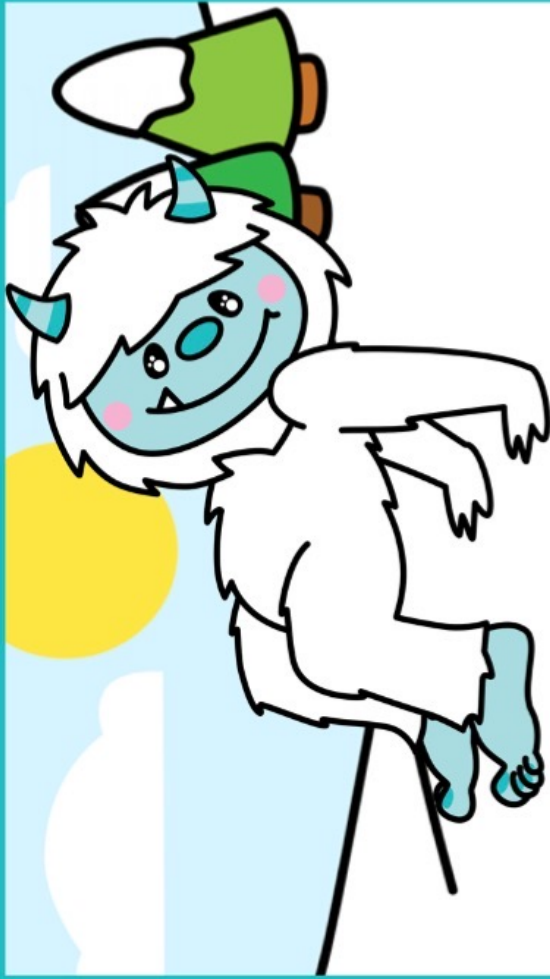
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# WARRIOR 3 POSE

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# TABLE POSE

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# TABLE POSE

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# CHILD POSE

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# BUTTERFLY POSE

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# BRIDGE POSE

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**CHAIR POSE**

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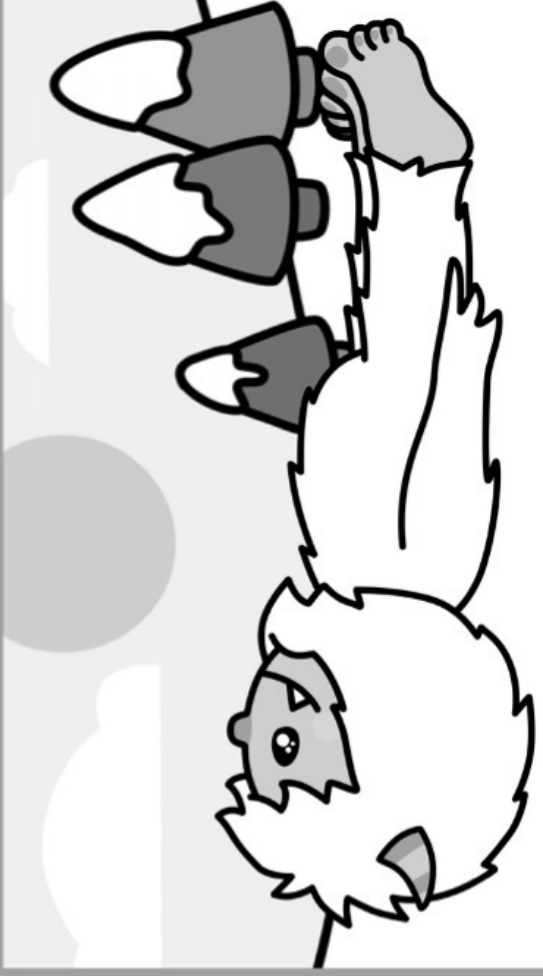
**CAMEL POSE**

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**BOAT POSE**

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**SLEEPY POSE**

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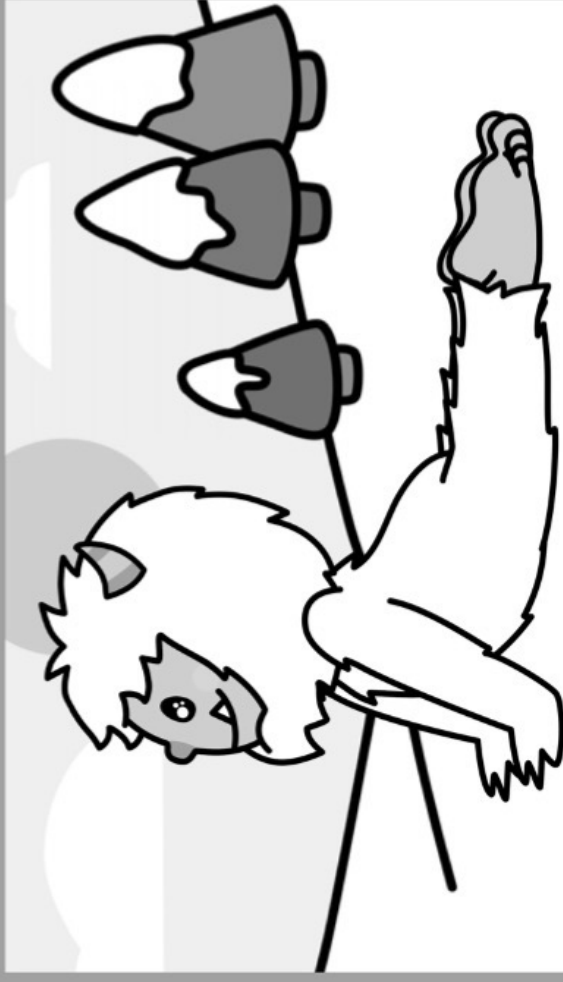
COW POSE

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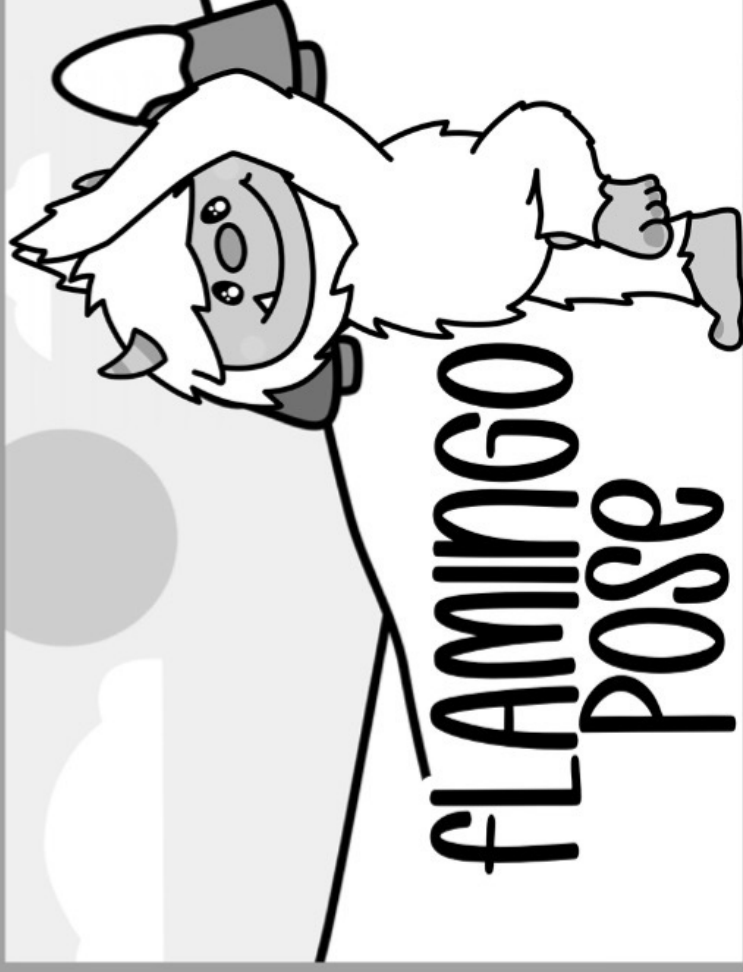
DOWNWARD DOG POSE

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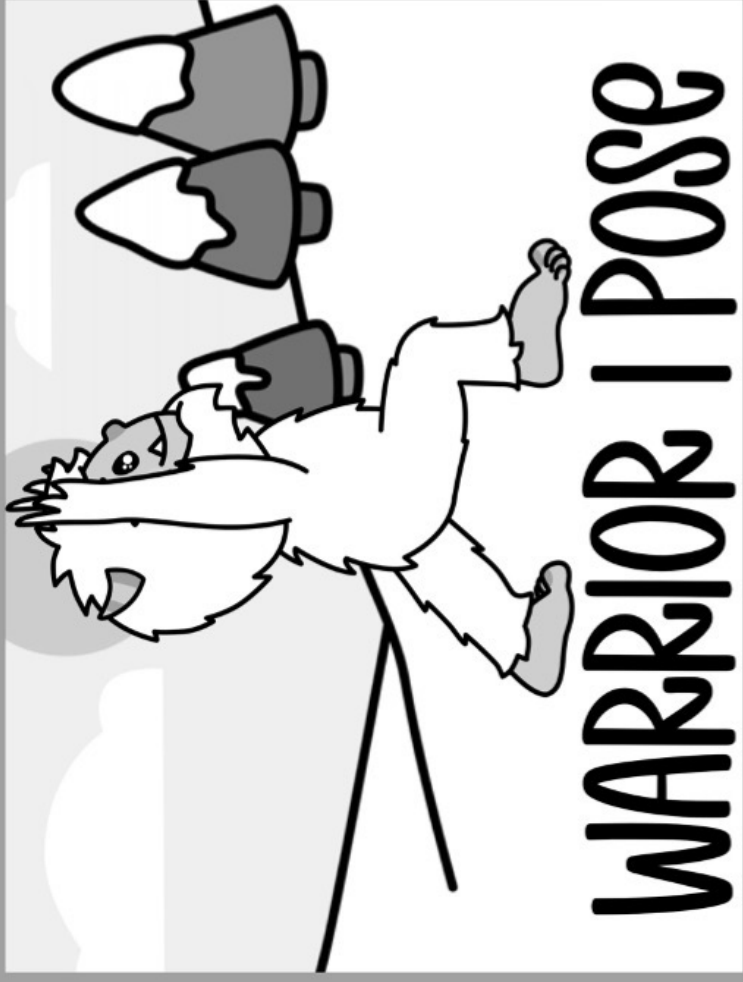
COBRA POSE

© Music City Counselor



FLAMINGO  
POSE

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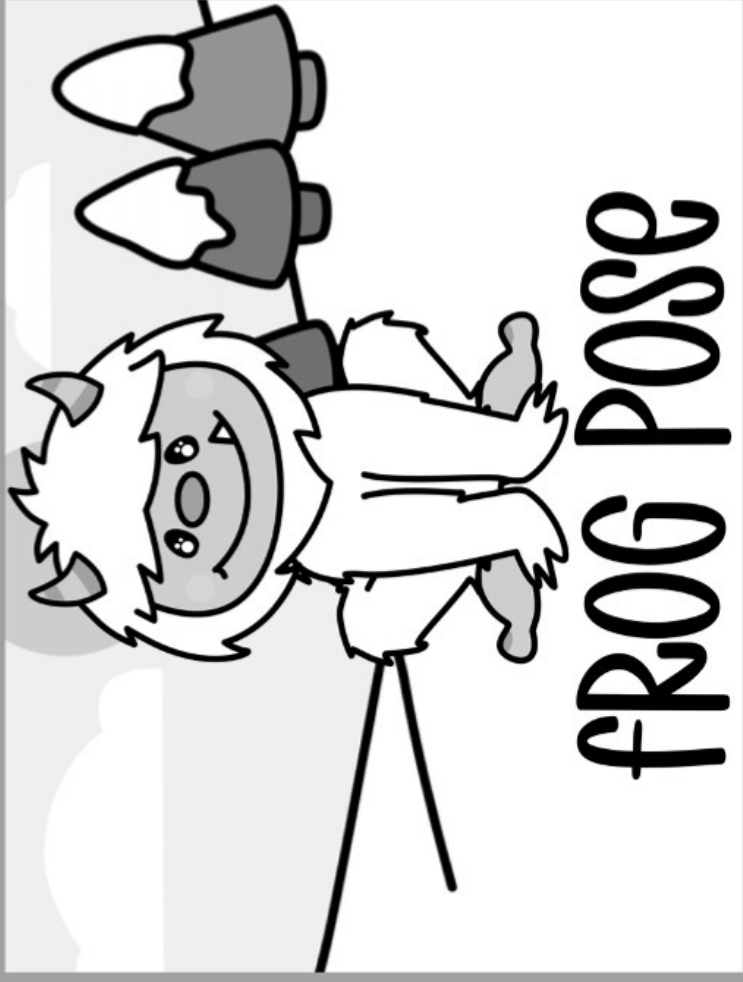
**WARRIOR I POSE**

© Music City Counselor



**MOUNTAIN  
POSE**

© Music City Counselor



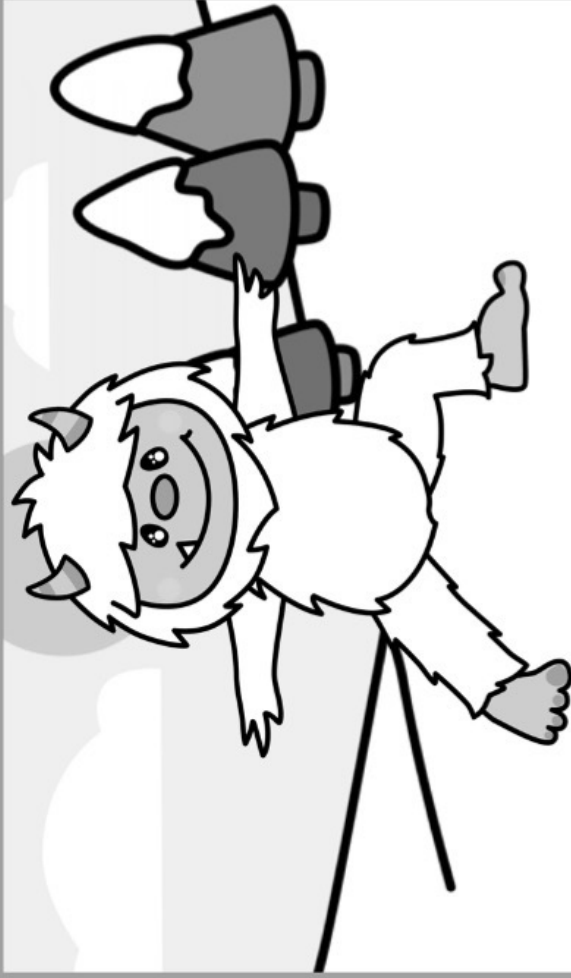
**FROG POSE**

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**TURTLE POSE**

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# WARRIOR 2 POSE

© Music City Counselor



# TREE POSE

© Music City Counselor



# TRIANGLE POSE

© Music City Counselor



# WARRIOR 3 POSE

© Music City Counselor





# TABLE POSE

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WORKSHEETS

+ COLORING

PAGES

Name: \_\_\_\_\_

# YETI YOGA

Which is your favorite yoga pose?  
Write about it and draw a picture of it.

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---

---





Name: \_\_\_\_\_

# MY YETI FEELINGS



Happy



Sad



Angry



Silly



Surprised



Anxious



Scared



Annoyed



Disappointed

Name: \_\_\_\_\_

# YETI YOGA

When I feel...



I can try...

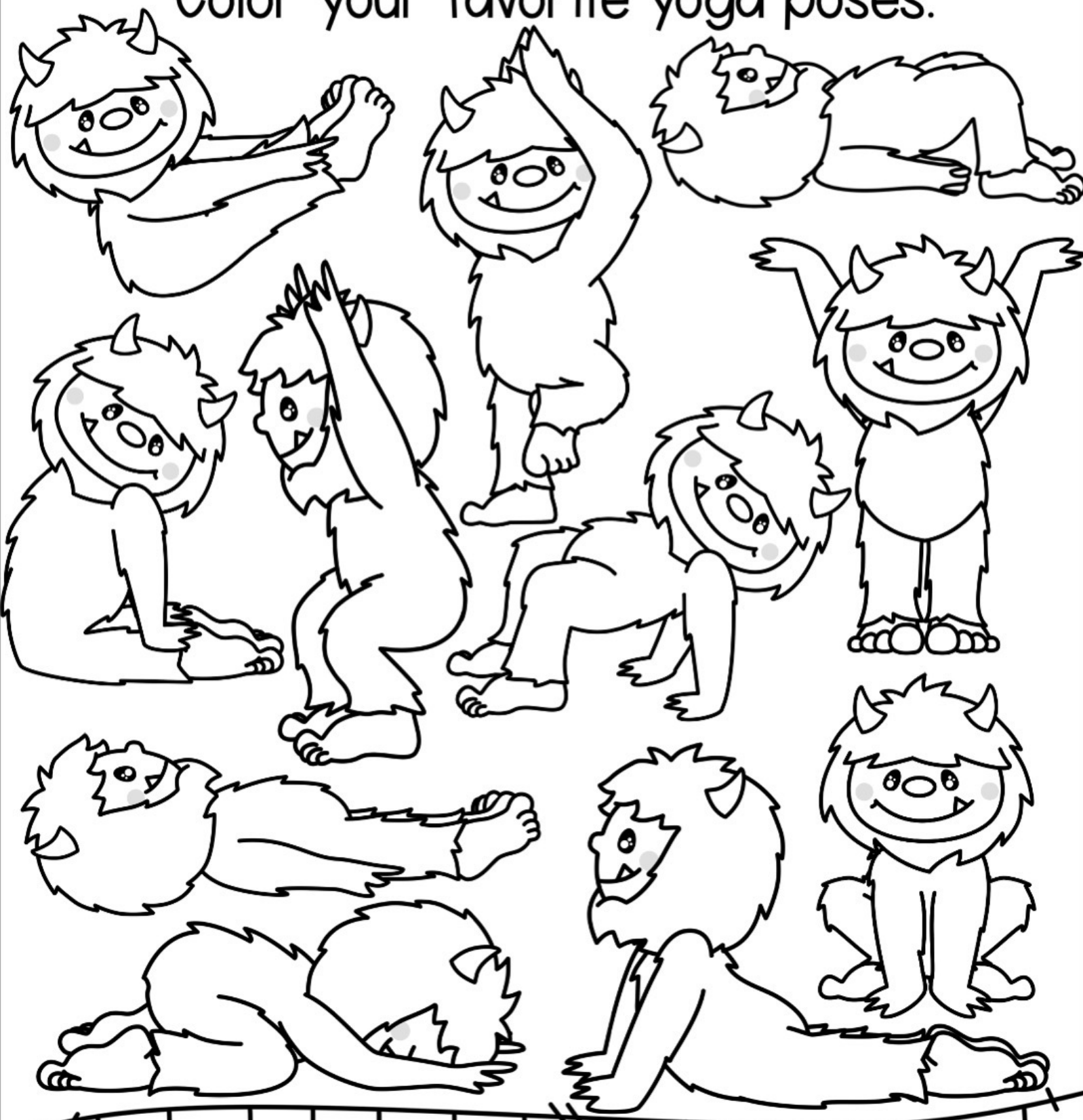


Name: \_\_\_\_\_

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# YETI YOGA

Color your favorite yoga poses.





Name: \_\_\_\_\_

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# YETI YOGA

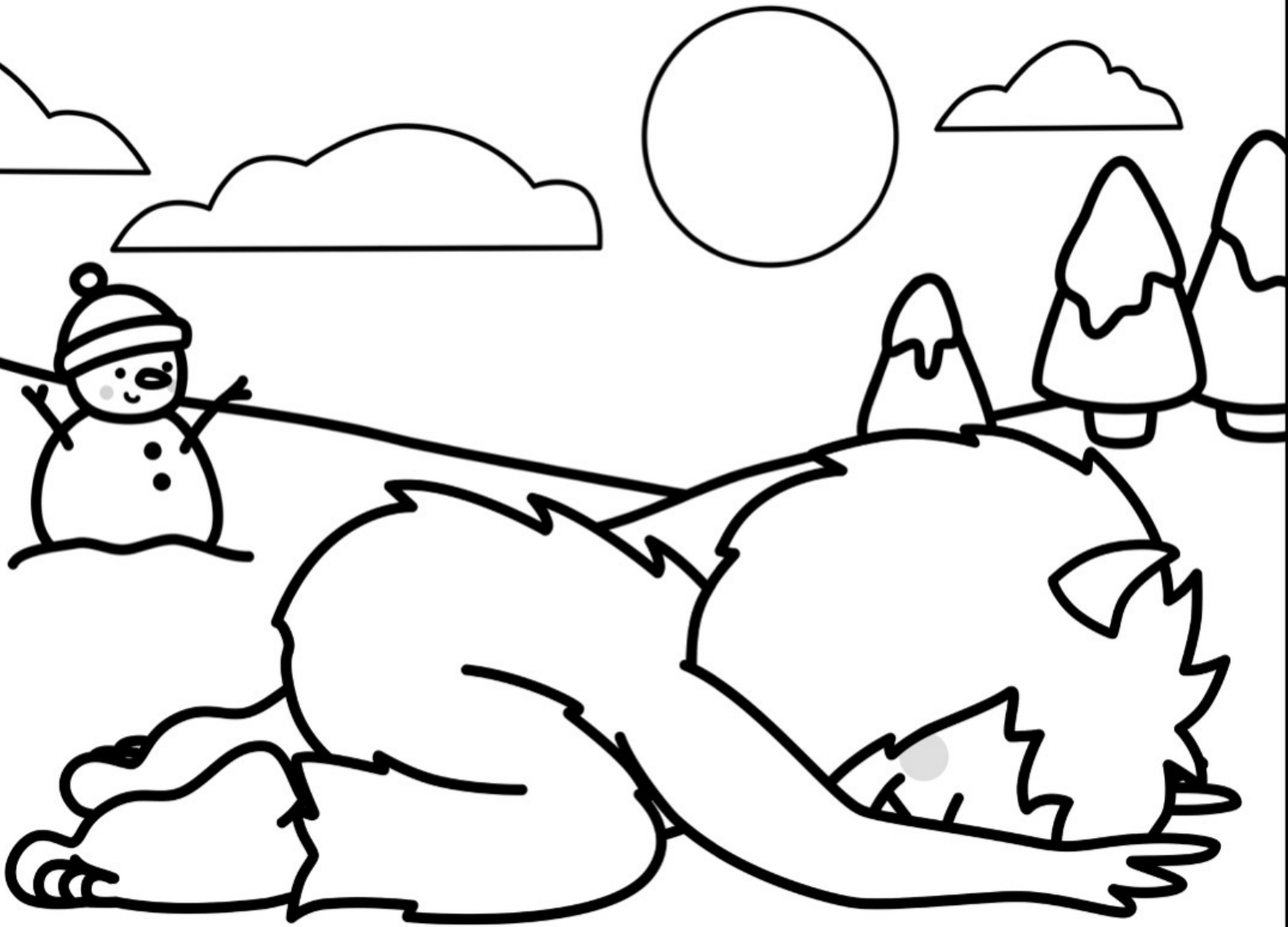


# BOAT POSE

Name: \_\_\_\_\_

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# YETI YOGA



## CHILD POSE

Name: \_\_\_\_\_

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# YETI YOGA



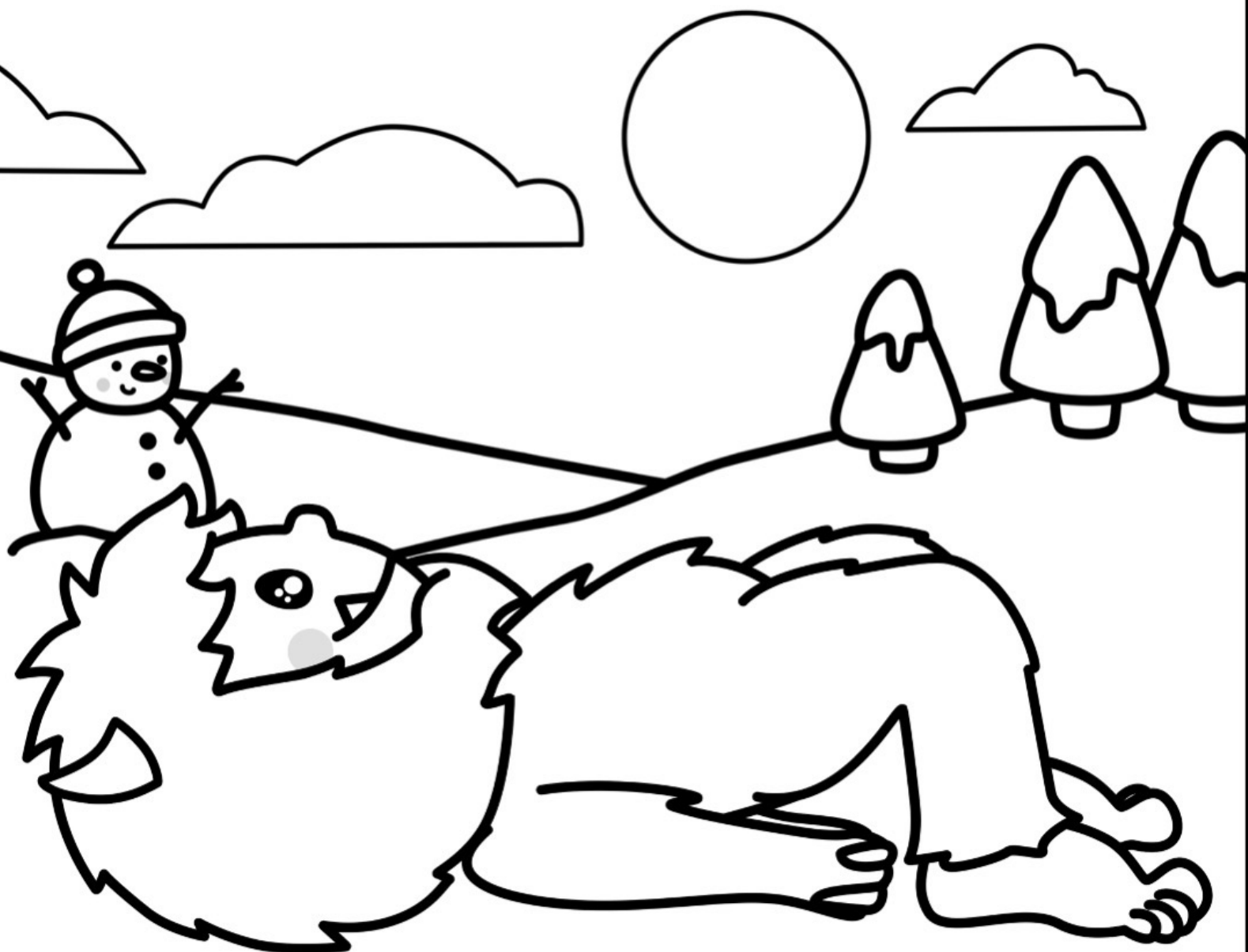
# BUTTERFLY POSE



Name: \_\_\_\_\_

© Music City Counselor

# YETI YOGA



# BRIDGE POSE

Name: \_\_\_\_\_

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# YETI YOGA



# CHAIR POSE

Name: \_\_\_\_\_

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# YETI YOGA



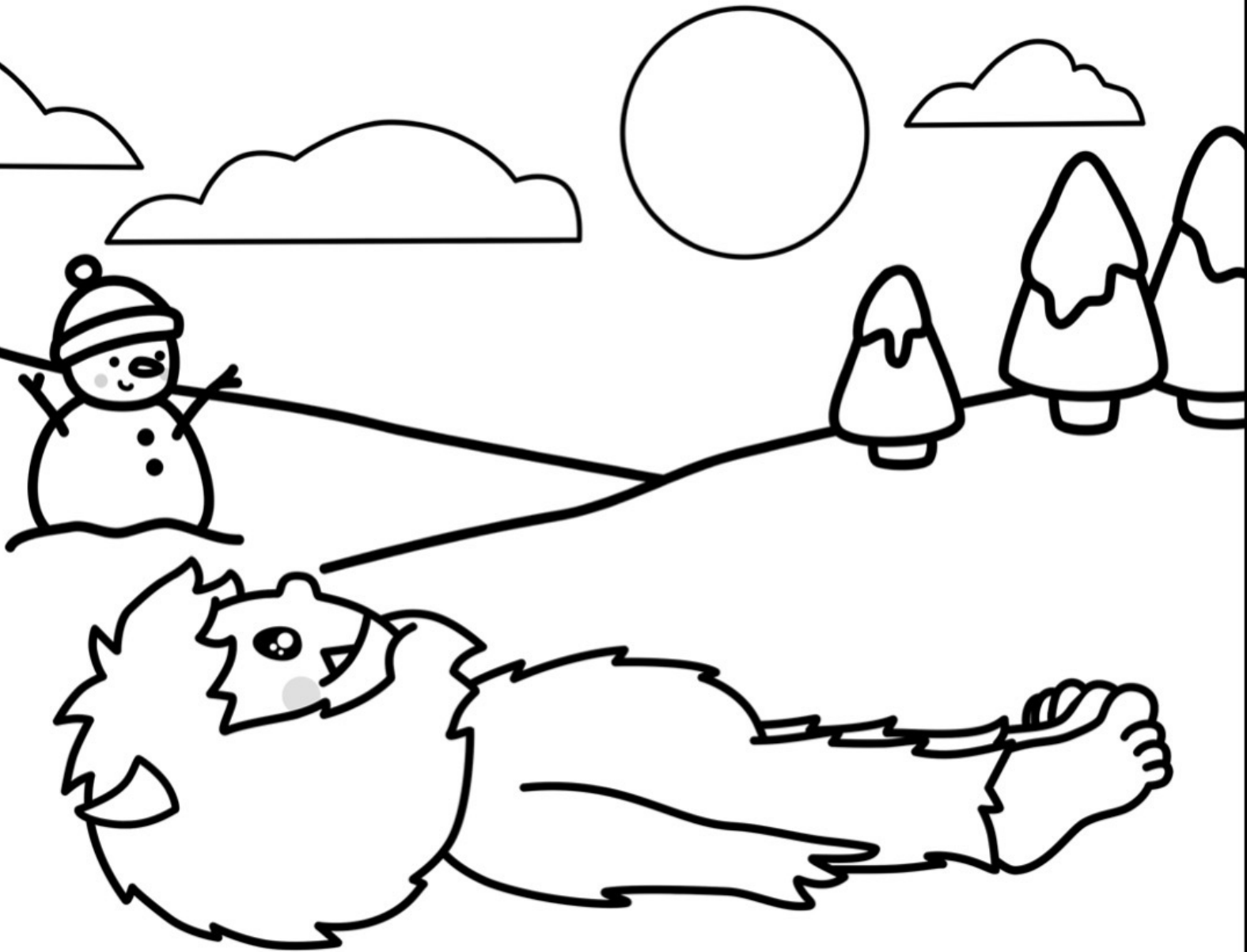
# CAMEL POSE



Name: \_\_\_\_\_

© Music City Counselor

# YETI YOGA



# SLEEPY POSE

Name: \_\_\_\_\_

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# YETI YOGA



# COW POSE

Name: \_\_\_\_\_

© Music City Counselor

# YETI YOGA



# DOWNWARD DOG POSE



Name: \_\_\_\_\_

© Music City Counselor

# YETI YOGA



# COBRA POSE

Name: \_\_\_\_\_

© Music City Counselor

# YETI YOGA



# FLAMINGO POSE

Name: \_\_\_\_\_

© Music City Counselor

# YETI YOGA



# WARRIOR I POSE



Name: \_\_\_\_\_

© Music City Counselor

# YETI YOGA



# MOUNTAIN POSE

Name: \_\_\_\_\_

© Music City Counselor

# YETI YOGA



# FROG POSE

Name: \_\_\_\_\_

# YETI YOGA



# TURTLE POSE



Name: \_\_\_\_\_

© Music City Counselor

# YETI YOGA



# WARRIOR 2 POSE

Name: \_\_\_\_\_

© Music City Counselor

# YETI YOGA



# TREE POSE

Name: \_\_\_\_\_

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# YETI YOGA

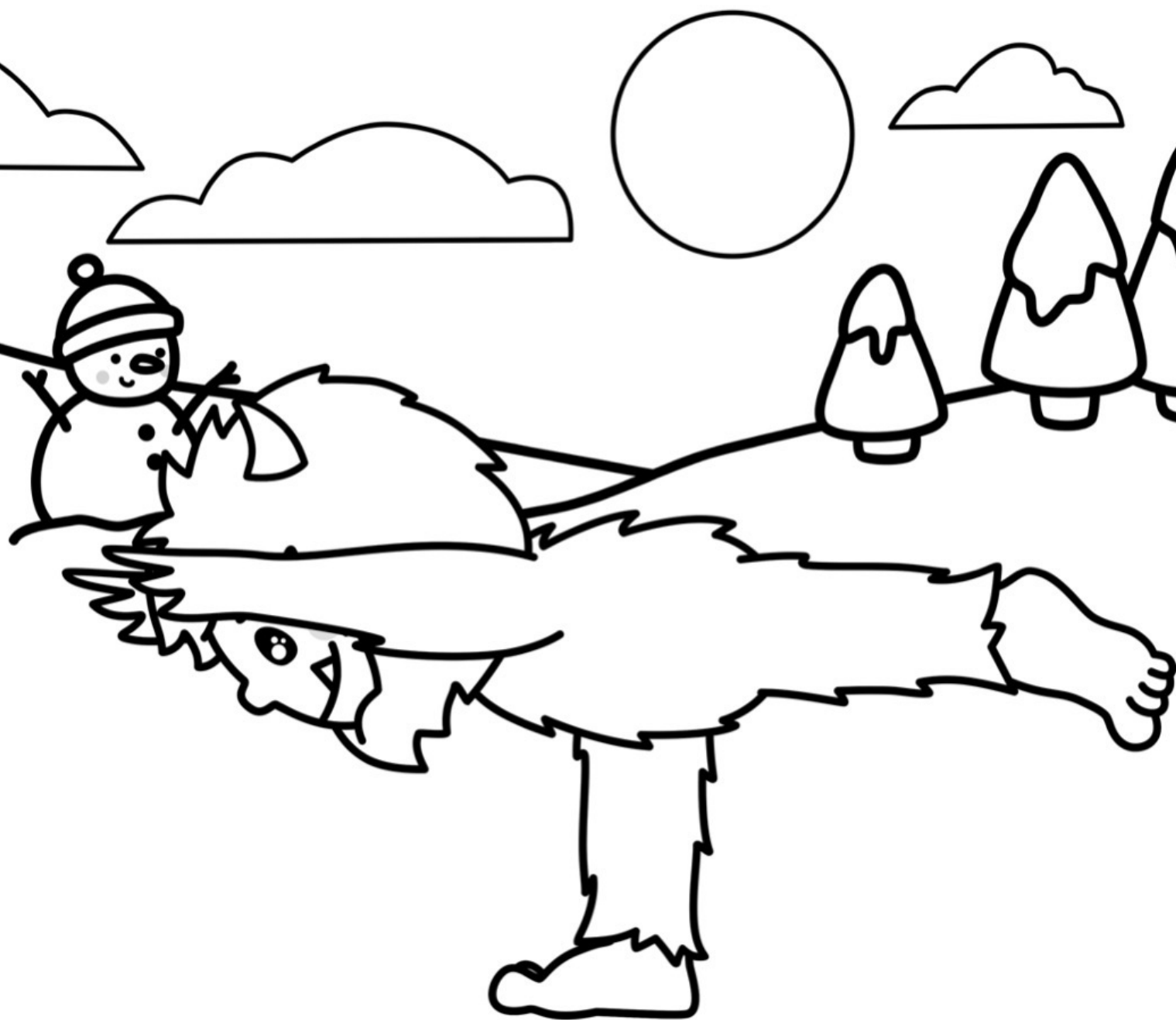


# TRIANGLE POSE

Name: \_\_\_\_\_

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# YETI YOGA



# WARRIOR 3 POSE



Name: \_\_\_\_\_

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# YETI YOGA



# TABLE POSE

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♥ *laura oathout*

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