

Building Brain and Body Connections

In the classroom, yoga stretches can be used as a playful, calming break that helps preschoolers (ages 2–4) strengthen both body and brain. These simple poses build balance, body awareness, and self-regulation skills that support learning and focus throughout the day.

We've compiled a set of 12 kid-friendly yoga poses for you to try during circle time, transitions, or before nap.

Print out the next four pages front/back, cut apart, laminate, and bind together with a binder ring or ribbon so you can easily flip through them for new movement ideas.

Remember, students will need to be taught how to do these poses! Focus on one at a time and model it slowly and playfully. Encourage children to notice how their bodies feel: strong, stretched, or calm. Have fun! It's OK if young children tip over with some of these movements! Laugh together and do it again!

As Christians, we are not engaging in eastern spirituality with these stretches. Our focus is on body + brain control, calming and strengthening muscle groups.

Brain/Body Connection Cards

Mountain Pose



Tree Pose



Downward Dog



Cat-Cow Stretch



Child's Pose



Airplane Pose



Brain/Body Connection Cards

Tree Pose

Stand on one foot, place the other foot on ankle/calf, arms up like branches.

Benefits: Challenges balance, strengthens vestibular system. It's usually silly and fun!



Mountain Pose

Stand tall, feet on the ground, arms at sides. Breathe slowly.

Benefits: Teaches grounding, posture, and proprioception.



Cat-Cow Stretch

On hands and knees, arch back like a cat, then drop belly and look up like a cow.

Benefits: Encourages sequencing, stretches spine, supports body awareness.



Downward Dog

Hands and feet on the ground, hips high like a tent.

Benefits: Inversion stimulates vestibular system, builds upper body strength.



Airplane Pose

Stand on one foot, arms out like wings, lean forward slightly.

Benefits: Boosts balance, coordination, and vestibular sense.



Child's Pose

Kneel, sit on heels, stretch arms forward, forehead to ground.

Benefits: Calming, proprioceptive feedback, helps regulate emotions.



Brain/Body Connection Cards

Butterfly Pose



Happy Baby Pose



Star Pose



Frog Squat & Jump



Snake Pose



Lion's Breath



Brain/Body Connection Cards

Happy Baby Pose

Lie on back, grab feet, gently rock side to side.

Benefits: Vestibular input, body awareness, calming before nap.



Butterfly Pose

Sit with feet together, knees bent out, flap knees like wings.

Benefits: Hip flexibility, proprioception, calming with breathing.



Frog Squat & Jump

Squat deep with feet and knees apart, then jump up. Repeat.

Benefits: Builds proprioception, strengthens balance and core muscles, energizing, FUN!



Star Pose

Stand with feet wide, arms stretched out like a star.

Benefits: Builds proprioception, stretches body, energizing.



Lion's Breath

Inhale and then exhale with a loud roar .

Benefits: Self-regulation + release; calming, silly!



Snake Pose

Lie on tummy, lift chest, make hissing sound to exhale

Benefits: builds core strength + flexibility

