

Kids Yoga Haikus

I am not a poet, by any means, but I have had fun coming up with some haikus to use in kids yoga sessions. You can try teaching your yoga class with haiku, too! It's a fun way to make the "same old poses" feel a little different.

Prompt kids to do poses by reading haikus. You can tell them the pose before you read the haiku or they can guess the pose from the poem and then do the pose. If you have time, have kids make up their own, too, and read them to the group. The beauty of the haiku is that there is a structure you can follow, so it makes the idea of writing a poem less intimidating.

Tree Pose

A trunk tall and strong

Arms up and wiggle your leaves

Breathe in, breathe out, ahhh

Snake Pose

Flat on your belly

Heart opens, head lifts, strong arms

Hiss... Slither... Hiss Hiss

Dog Pose

Upside down Letter V

Big ol' fat paws and wet nose

Wag your tail! Woof woof!

Dog Pose 2

Trying to be good

My leg goes up and – Whoopsie!

Puddle on the floor

Cat Pose

Round back, fur stands up

Purr Purr Purr Meow Meow Meow HISS

It's time for a nap

Mountain

I am tall and brave

Standing strong, head in the clouds

Nothing can shake me

Crescent Moon

Arms up, bend right, left.

Sliver of light in the sky

Or a banana

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