

# The Smartest Giant in Town ~ Yoga worksheet.

1. GIANT pose



stand tall,  
arms and legs  
outstretched

2. giraffe pose



stand on tip toes,  
reach upwards

3. goat on a boat  
pose



lie on tummy,  
reach back to  
hold ankles

4. mouse pose  
(child pose)



curl up small,  
arms by your  
sides.

5. fox pose  
(cat pose)



on hands and  
knees, arch  
back upwards  
and head  
down

6. downward facing  
dog pose



bend at  
waist,  
keeping legs  
straight

7. thank you pose  
(mountain pose)



stand tall, hands  
together beside  
your heart.