

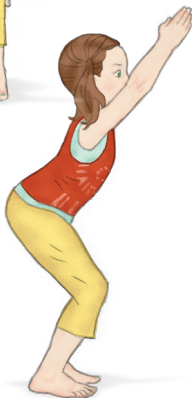
# CALM DOWN YOGA for kids



**I am strong.**  
WARRIOR 2 POSE



**I am kind.**  
TREE POSE



**I am brave.**  
CHAIR POSE



**I am friendly.**  
DOWNWARD-FACING DOG POSE



**I am wise.**  
HERO POSE