

LITTLE YOGI!

AFFIRMATION DECK

YOGA POSTURES + POSITIVE
AFFIRMATIONS



www.upsidedownyogakids.com

ASSOCIATING YOGA WITH POSITIVE AFFIRMATIONS

These cards are designed to help your child in learning the names of twelve distinct yoga postures. They offer a fun and engaging way for kids to visualize each pose while associating each posture to a positive affirmation.

POSITIVE AFFIRMATIONS

When kids practice yoga and pair positive affirmations with movements, it enhances their learning by leveraging play and imagination.

HOW TO UTILIZE THESE CARDS?

The cards can be printed in PDF format, enabling children to cut them out and paste positive affirmations on the reverse side. They can be reused as many times as desired.



Mountain

I stand firm and I
can find clarity
when I am at
peace.



Chair

I am strong
and steady like
a chair.



Cobra

I connect with
my body and
feel happy and
strong.



Boat

I am strong,
balanced. I
navigate flife with
grace and
confidence.



Downward Facing Dog

"I am strong,
grounded and
capable



Easy Pose

My brain is
constantly
growing and
learning



Forward Fold

I release tension
and let go what no
longer serves me



Standing Bow

I am flexible and full
of balance



Bow Pose

I believe in myself!
I am brave and
courageous



Triangle

I can reach for my
dreams



Weel.

I am confident,
determined and ready
to face any challenge



Tree

I am connected with
the Earth and
confident in my grow