



Kids Yoga

# A TRIP TO THE FIRE HOUSE



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Today is a visit to the firehouse! There's excitement in the air to meet the firefighters and learn all about what they do. First, look at the big red firetruck!

Pose 1: Firetruck Stretch (Standing Forward Bend) Stretch tall like the ladder on the firetruck!

# FIRETRUCK STRETCH



# SIREN REACH

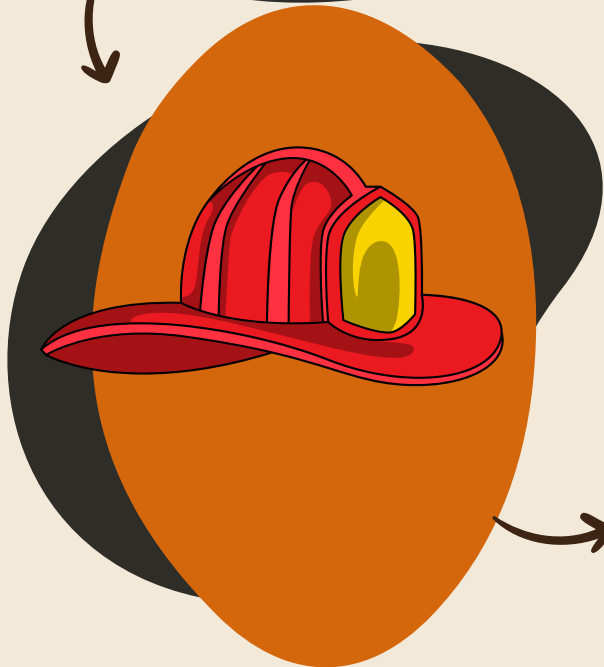


Inside the firehouse, a loud siren can be heard. It's the alarm telling the firefighters they have a job to do!

Pose 2: Siren Reach (Mountain Pose) Stand still with arms high in the air, like the firehouse siren reaching to the sky!

Look, there's the fire chief with a shiny helmet. The fire chief knows all about staying safe in a fire.

Pose 3: Fire Chief Helmet (Chair Pose) Pretend to sit in an invisible chair, just like wearing a big helmet!



Fire  
Chief  
Helmet

Next, there's a huge fire hose.  
The firefighters use it to spray  
water on fires.

Pose 4: Hose Stretch (Plank Pose) Stretch long and strong like the fire hose spraying water!

## Hose Stretch



# DALMATIAN STRETCH



Here's Sparky, the friendly Dalmatian dog at the firehouse. He loves to help the firefighters!

Pose 5: Dalmatian Stretch (Downward Dog)

Bend down on all fours, just like Sparky stretching after a nap.



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