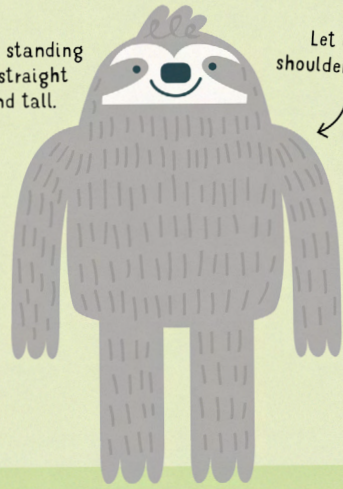


BE LIKE A TREE

When trees bend and sway in the wind, their roots keep them balanced and strong. Try this tree sequence used in YOGA - an ancient practice that focuses on strength, flexibility and breath.

1 MOUNTAIN

Start standing up straight and tall.



Let your shoulders relax.

Keep your head still and your body straight and strong - like a mountain - to help you balance.

It's best to do yoga barefoot, with lots of space around you.

2 SWAYING PALM TREE

Link your fingers together, stretch your arms up and bend your body to one side, then the other.

Feel your feet rooting you to the ground as you sway.



Psychologists think feeling rooted and connected - whether to the place you live, the people you're around or even the ground beneath your feet, can help you feel calm and peaceful.

3 TREE

Go back to mountain pose and lift one foot onto the other.



Bring your hands together in front of your chest.

Breathe in and out steadily through your nose to help you feel super relaxed while you're doing yoga.

Then try lifting your top foot higher on your leg until it's just below or above your knee. Rest it there...

To help you balance, pick a spot in front of you to focus your eyes on. Don't worry if you wobble, that's part of the pose.



...then lift your arms above your head as if they were branches.

See how long you can balance. Then try the tree pose on the other side.



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