

WINTER TREE POSE:

Stand on one leg, arms
up like branches, sway in
the winter wind!
Move one leg off the
ground if you can.



SNOW ANGEL POSE:

Lie on your back, move
your arms and legs to
make a snow angel!
Sparkle like fresh snow!



SNOWFLAKE POSE:

Stand tall, arms overhead
like a snowflake, reach
your fingers out wide!
Feel the cool winter
breeze and move around



PENGUIN POSE:

Walk like a penguin,
waddle side to side, flap
your little flippers!



POLAR BEAR POSE:

Sit on your heels, reach
forward, be a sleepy polar
bear! Reach out and
stretch with a big breath
in and out.



SLEIGH

Lie on your tummy with
your arms out in front
and try to lift your
arms and legs up.

