



Yoga | KS1 | Jungle Expedition

Warming Up: Tarzan



**I leap and stretch to
find new creepers.**

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Shoulders: Lion



**I squeeze my shoulders
down like a
powerful lion.**

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Hips: Red-Eyed Frog



**I squat down to
prepare to jump.**

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Forward Bend: Elephant



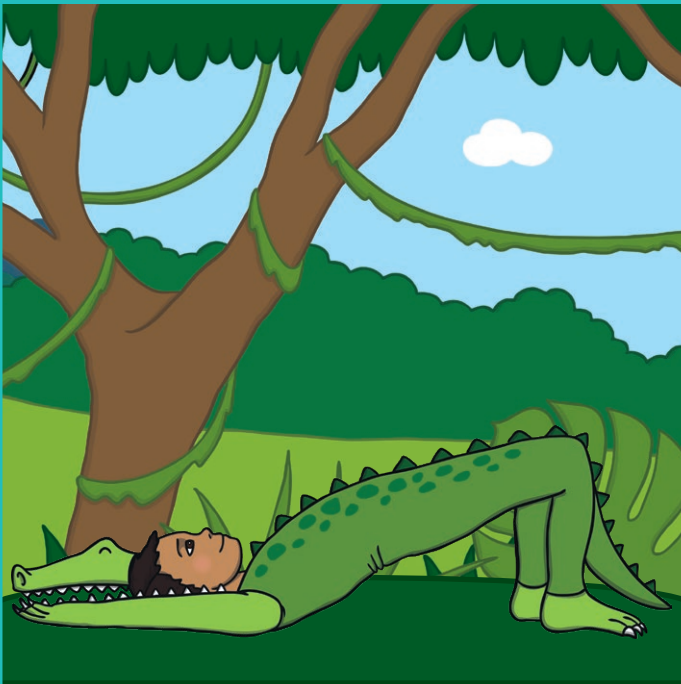
I fold forward and rest.

Back Bend: Boa Constrictor



I arch up like an alert snake.

Inversion: Crocodile



I lift my hips higher than my heart.

Balance: Giraffe



I balance like an elegant giraffe.

Twist: Orangutan



**I twist my long
arms round me.**

Breathing: Creeper



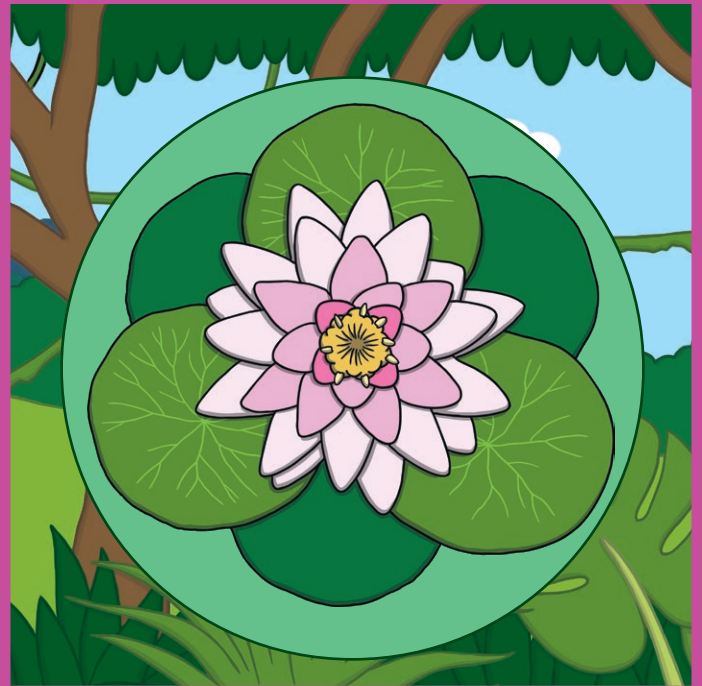
**I breathe out long
and smooth.**

Relaxing: Song Bird



**I relax and imagine I am
resting in a giant flower.**

Meditating: Lotus



I stay focused.