



Christmas Tree Pose

Stand up straight and tall.

Take in a deep breath. Look ahead and find a point to focus on. As you breathe out, slowly bend your knee, and place your left foot on the inside part of your right leg.

Imagine being a sparkly Christmas tree! Now repeat with the other leg.



Gingerbread Man Pose

Stand nice and tall and stretch your arms and legs out like the Gingerbread man! Take a big breath in and make a big smile as you breathe out.



Reindeer Pose

Standing nice and tall, take a big step forward with one foot and bend your front knee. Raise your hands high over your head like antlers. Hold this pose for a couple of breaths, then repeat on your opposite side.



Present Pose

Curl up like a little present. Rest your forehead on the floor and smile :-). Think about how happy you make your friends and family.