MOVE & BREATHE TOGETHER

A GROWN-UP COMPANION TO
COLOUR WITH KINDNESS: LITTLE YOGIS



15 gentle ways to move,
breathe, and connect together.

the kind canvas co.

FOR GROWN UPS

MOVE & BREATHE TOGETHER

Welcome

Thank you for choosing to spend a little time creating, moving, and connecting together.

This companion was created to bring the world of Little Yogis beyond the colouring pages. Inside you'll find simple movements and breathing activities inspired by the characters and themes in the book.

There is no right or wrong way to enjoy these moments.

Some days your child may colour. Some days they may stretch. Some days they may simply want a cuddle and a story.



Every one of those moments matters.

Follow your child's curiosity, celebrate their efforts, and enjoy moving at whatever pace feels comfortable for both of you.

GENTLE REMINDERS

- Every child moves at their own pace.
- Every body moves in its own way.
- Choose what feels comfortable. Take breaks whenever you need to.
- Kindness begins with meeting your child exactly where they are.
- Most importantly, have fun together.

Moving together matters more than doing every pose perfectly.

TIME TO SLOW DOWN

Gentle ways to pause, breathe, and settle together



Sleepy Sloth Stretch

Inspired by: Seated Overhead Reach

Sit comfortably. Reach your arms overhead and slowly lean from side to side, like a sleepy sloth stretching in a tree.

Grown-Up Tip

Move slowly together and count to ten. Let your child choose how high or low to reach.



Hedgehog Roll

Inspired by: Child's Pose

Kneel down and gently fold forward, resting your forehead on the ground. Take slow, deep breaths like a hedgehog curling up to feel safe.

Grown-Up Tip

Encourage your child to breathe in and out slowly. Stay here for a few breaths together.



Cozy Koala Hug

Inspired by: Seated Self-Hug

Sit tall and wrap your arms around yourself. Give yourself a gentle squeeze and take three slow, deep breaths.

Grown-Up Tip

Remind your child they can come back to this hug anytime they need comfort.

Choose the activities that feel right today. There is no need to do every movement.

FEELING BRAVE

Gentle ways to stand tall, find your courage, and try something new.



Brave Lion Roar

Inspired by: Lion's Breath

Kneel or sit tall. Take a deep breath in through your nose, then open your mouth wide and let out your biggest lion roar.

Grown-Up Tip

Join in and make it playful. A big roar can help release tension and turn nervous energy into confidence.



Alert Wolf Stance

Inspired by: Warrior II Pose

Stand with your feet wide apart. Reach one arm forward and one arm behind you, like an alert wolf. Keep your eyes looking ahead and take three slow, steady breaths.

Grown-Up Tip

Encourage your child to stand tall. Remind them that bravery often begins with one big breath.



Tall Giraffe Reach

Inspired by: Extended Mountain Pose

Stand tall and reach both arms high overhead. Rise onto your tiptoes if you'd like, like a giraffe reaching for the tallest leaves.

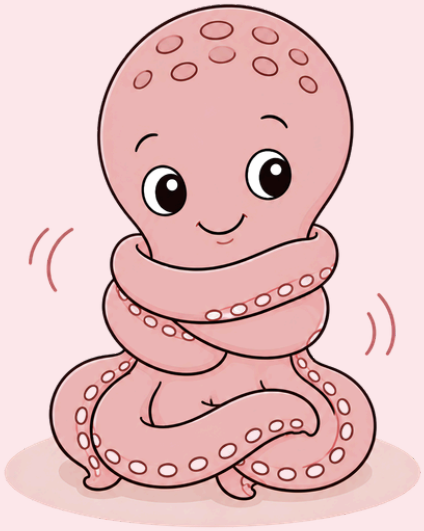
Grown-Up Tip

Keep heels on the floor if balancing feels tricky. The goal is to feel tall and strong, not perfectly still.

Choose the activities that feel right today. Bravery can look different every time.

KINDNESS AROUND ME

Gentle ways to share kindness, care for others, and feel connected.



Octopus Hug

Inspired by: Seated Torso Twist

Sit comfortably and wrap your arms around yourself like an octopus giving a big hug. Slowly twist from side to side and take three gentle breaths.

Grown-Up Tip

Give yourself a hug too! Talk about how hugs can help us feel calm, cared for, and connected.



Friendly Dog Wag

Inspired by: Downward-Facing Dog

Place your hands and feet on the ground. Lift your hips high and gently wag your tail from side to side, just like a happy puppy greeting a friend.

Grown-Up Tip

Smile and wag together. Ask your child who they would like to share kindness with today.



Gentle Bunny Sniff

Inspired by: Bunny Breath

Take three quick little bunny sniffs through your nose, then let one long, slow breath out through your mouth.

Grown-Up Tip

Pretend you're sniffing flowers together. Taking a slow breath can help us choose kind words and kind actions.

Choose the activities that feel right today. Even small acts of kindness can make a big difference.

PROUD TO BE ME

Gentle ways to celebrate who you are, notice your strengths, and feel proud.



Curious Axolotl Float

Inspired by: Savasana

Lie comfortably on your back and become as still as a peaceful axolotl floating in the water. Take slow, gentle breaths and notice your tummy rise and fall.

Grown-Up Tip

Rest together for a few moments. Remind your child that slowing down and listening to their body is something to be proud of.



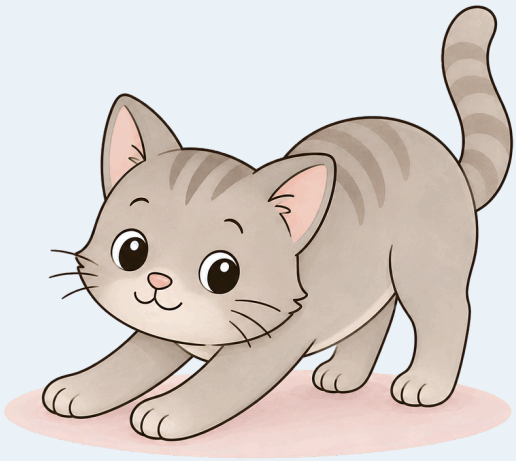
Trotting Horse March

Inspired by: High-Knees Marching

March in place, lifting your knees nice and high. Stand tall and proud, just like a confident horse trotting along.

Grown-Up Tip

Celebrate every step together. Notice how your child is growing stronger, braver, and more confident each day.



Confident Cat Stretch

Inspired by: Cat-Cow Pose

Come onto your hands and knees. Slowly round your back like a stretching cat, then gently lift your head and chest as you breathe.

Grown-Up Tip

Talk about something you're both proud of today. Celebrate effort, kindness, and trying your best—not being perfect.

Choose the activities that feel right today. There is so much to celebrate about being you.

READY TO GROW

Gentle ways to try, learn, and grow one small step at a time.



Growing Turtle Peek

Inspired by: Child's Pose-Sphinx Pose

Start curled up like a tiny seed. Then slowly lift your head and chest, just like a little sprout reaching up toward the sunshine.

Grown-Up Tip

Talk about something new your child has learned recently. Remind them that every little step helps them grow.



Playful Otter Roll

Inspired by: Apanasana (Knee-to-Chest Rock)

Lie on your back and gently hug your knees. Slowly rock from side to side like a playful otter floating in the water.

Grown-Up Tip

Enjoy the giggles together! Remind your child that learning and growing can be fun, even when something feels tricky.



Reaching Monkey Climb

Inspired by: Standing Side Stretch

Stand tall and reach one arm high overhead, then gently lean to the side, like a monkey reaching for the next branch.

Grown-Up Tip

Celebrate trying something new together. Every stretch, every breath, and every small step helps us grow.

Choose the activities that feel right today. Every small step helps you grow.

A LITTLE REMINDER FOR YOU

You Matter Too

You've spent time helping your child slow down, feel brave, show kindness, celebrate who they are, and keep growing.

As you care for your child, remember to care for yourself too.



Take a breath.



Give yourself credit for showing up.



Speak to yourself with kindness.



Celebrate the small wins.



Let today be enough.

You do not have to do everything perfectly to make a meaningful difference.

Your presence, patience, and care matter more than you may realize.

The kindness you offer yourself becomes part of what your child learns from you.

With kindness,

The Kind Canvas Co.

