Poses of a Panda!

The National Zoo Panda House
Morning at the Museum
Let’s Begin

Let’s get our minds and bodies ready to go on a great adventure.
Sit with you legs Criss Cross.
Bring hands together up to your chest.
Take a deep breath in and out.
Sitting Panda

Now, put your feet together. drop your chin to your chest. Reach forward and touch your toes.
Panda Stretch

Keep your hands on the mat.
Bring your knees to the mat.
Look up to the ceiling.
Allow your belly to sink toward the floor.
Panda Stand

Pandas stand on 4 legs. Can you stand like a panda? Put your hands and knees on the mat and curve your back up and down.
Panda Walk

Let’s walk like a panda.
Bring your hand and feet to the mat.
Lift your arm and leg on one side to sky.
Place it back on mat.
Do the same with your other arm and leg.
Let’s all the Panda friends meet in the middle!
Climbing Panda

Pandas like to climb trees.
Stand up on your mat and march.
Reach your arms up to grab the next branch.
Bamboo

Pandas also like to eat Bamboo. Can you be bamboo? Stand on one leg and reach up to the sky!
Now bring your leg back down and lie on your back. Stretch your arms and legs out to the side and breathe.
Go in Peace

Come back to a sitting position. Bring your hands to your chest. Take a deep breath in and then let it out. Turn to your neighbor and say “Go in Peace.”