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# Arctic Animal Yoga/Movement Story

You are about to begin your arctic animal adventure. You have all of your warm weather gear on and you head out the door. You immediately see an arctic hare move past you quickly.

You decide to head out towards the water first. As you are walking you see a herd of reindeer in the distance. You take out your binoculars to get a better look. Not only do you see the reindeer, but you also spot a Moose! Your adventure is off to a great start!

Once you have arrived at the water you immediately see a polar bear and her cub in the distance searching for their meal. You are very excited, but you don't get too close. You are so excited that you almost miss seeing the puffins that are swimming in the water not too far away.

You continue your walk along the water and are delighted to see a Walrus! You take out your binoculars again to get a better look. While you are looking through your binoculars, much to your delight you see a Beluga whale! You are so excited that you got to see a whale!

You decide to start heading back towards your home base. Just as you are leaving you notice a harp seal! You snap a picture of the seal and turn towards home. Overhead, and a flock of snow geese are flying south.

On your trek towards home you see an arctic fox scurry off in the distance. You were really hoping to see one of those! You are getting really close now, as a lemming pop up from it's burrow.

It's getting dark, but you can see your home. A snowy owl flies overhead as you approach the door. Once at the door, you pet the huskies laying outside in the snow. You are ready to head in.

Once inside you take a look out your window and spot an arctic wolf way out in the distance. You've now seen every animal on your list and your arctic animal adventure is complete!

You take a seat by the fire, close your eyes, take deep breath and think about what a great day you've had.

# Arctic Animal Yoga/Movement Story

Husky

*Downward Dog* – Make husky noises!

Beluga

*Bow Pose*

Reindeer

Start seated on the floor with your back straight and legs in front of you. Pull your right knee towards your body and place it over your left leg keeping your foot flat on the floor. Twist your body towards your right side. Place your left elbow on the outside of your right knee. Let your right hand relax behind you. Repeat on the opposite side.

Harp Seal

*Upward Facing Dog*

Lemming

*Lion Pose*

Arctic Fox

Start out on your hands and knees. Reach your right arm in front of you. Reach your left leg behind you. Hold. Repeat on the opposite side

Arctic Hare

Squat on the floor with your weight on your toes. Spread your knees as far apart as you can. Make sure your hands are in between your knees on the floor. Hop up into the air and repeat.

Arctic Wolf

*Bicycle Pose* – Think of being a running wolf and howl like wolf!

Moose Pose

*Tree Pose* – Move your arms above your head like moose antlers!

Snowy Owl

*Airplane Pose* – Flap your arms like an owl!

Puffin

Walk with your knees together or with an object between your knees!

Walrus

Lay on your stomach. Place your hands on the floor under your shoulders. Pull your body along the floor by moving with your arms.

Polar Bear Pose

*Walk on your hands and feet* – Take a big breath and add a ROAAAR!

Snow Goose Pose

*Dancer Pose* – Try on both sides!

# Get Arctic Animal Yoga Cards

Get all of the visuals you need for the story with the [Arctic Animal Yoga Bundle](#).

BONUS: On top of that get this story set up for you in book format with pictures included.

