Little and Big

A 20-minute flow for a grown-up and a kid | Roberto Damante

Arrival · Mobility · Warm-up · Standing · Held · Relaxation · Meditation

1 ARRIVAL



Back-to-back breathing
Feel each other breathe

2 MOBILITY



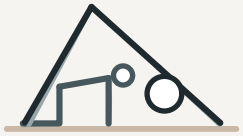
Cat and cow
Meow on the way down

3 WARM-UP



Two dogs
Wag your tails

4 WARM-UP



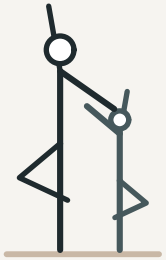
Bridge and tunnel
Big one is the dog, little one crawls under

5 STANDING



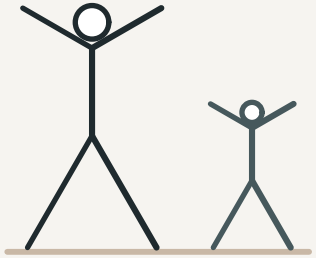
Rockets
Count down from 5, blast off

6 STANDING



Tall tree, small tree
Hold on to each other

7 STANDING



Starfish
Make yourselves huge

8 WARM-UP



Lions
Biggest roar wins

9 HELD



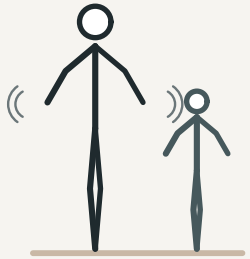
Boat for two
Row, row, row

10 HELD



Butterflies
Flap your knees

11 STANDING



Shake it out
Like a wet dog

12 RELAXATION



Sleepy bears
Lie side by side, 2 min

How to play

For a grown-up and a kid, roughly 4 to 10. Let the kid lead some of it. Silly is the goal. If they lose interest, skip ahead to Sleepy bears.

For the grown-up

Kids learn to calm down by being near a calm grown-up. You don't need perfect poses. Just breathe slowly next to them.