THE CHILDREN’S MUSEUM OF PITTSBURGH
DIGITAL BOOK
Includes links to mindfulness and movement videos
Welcome, yogis! The purpose of these kid-friendly yoga videos is to help inspire joy, creativity, curiosity, and a love for yoga.

In this series, children will discover mindfulness and breathing techniques, active poses and flow, and a variety of ways to calm the body and mind.

Through play and exploration, it is our hope that your children gain a solid foundation and a life-long appreciation for the positivity and benefits that mindfulness and movement brings.

Tessa, Marissa, and Megan
Open Up Founders
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Hint: Click the title under each day of the week and you’ll be linked to the corresponding YouTube video.

Monday

Gentle Wake Up Exercises
Floor Practice | All Ages
6 Minute
SPECIAL TIPS
for practicing at home

**Flexible Practice**
It can be hard to find time to practice when our schedules are constantly changing. We’ve made it simple by offering one video for each week day!

**No Mat, No Worries**
If you don’t have a yoga mat, that’s OK! Try practicing on a rug or other non-slippery surface. You may want to take off your socks!

**Wear Headphones**
Sometimes background noise at home can be a little distracting. Try wearing headphones to help focus.

**Practice with the Family**
If they’re available during your practice time, invite family members and caregivers to join in.

**Click the Title Links**
Click the title under each day of the week and you’ll be linked to the corresponding YouTube video.

**Have Fun**
Most importantly, have fun! And remember, listen to your body.
MIND & BREATH

**Colorful Breath**
All Ages | 12 minute

**Calming Breath Practice**
Ages 2 - 12 | 7 Minute

**Three-Part Breath**
All Ages | 7 Minute

**River Flow | Seated Mindfulness**
Ages 2-12 | 8 Minutes

**Rainy Day Meditation | Seated Mindfulness**
All Ages | 7 Minutes

**Shape Breath**
Ages 2 - 12 | 6 minute

*Hint: Click the title under each day of the week and you’ll be linked to the corresponding YouTube video.*
MOVEMENT

**Flow with Nature**
Ages 2 - 12 | 10 Minute

**The Ocean | Fun Gentle Movement**
Ages 2 - 7 | 6 Minute

**Get Your Wiggles Out**
Ages 2 - 12 | 5 Minute

**Yoga Flow with Animals**
Ages 2 - 12 | 13 Minute

**Yoga Poses Game**
Ages 2 - 12 | 13 Minute

**The Zoo | Creative Yoga**
Ages 2 - 7 | 8 Minute

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Calm Down | Floor Practice
Ages 2 - 12 | 5 Minute

Head to Toe Stretch | Chair Practice
All Ages | 12 Minute

Gentle Wake Up Exercises | Floor Practice
All Ages | 6 Minute

Flower Blooming | Gentle Movement
All Ages | 6 Minute

Gentle Movement | Floor Practice
All Ages | 15 Minutes

Restorative Yoga
All Ages | 13 Minute
OPEN UP: Teaching mindfulness tools and movement practices, centering people living with disabilities.

COMMUNITY CLASSES
Popping up in accessible spaces to provide inclusive programming with unique opportunities to reimagine a joyful and connected practice.

RYT 200 TEACHER TRAINING
Ability-inclusive credentialing program designed to center people living with disabilities. Yoga Alliance approved.

YOGA IN SCHOOLS
(PreK-12) Building self-awareness and self-regulation through fun movement and mindfulness exercises that are tailored to fit the needs of each classroom.

SOCIAL MINDFULNESS
Building interpersonal awareness through self-reflection and improvisational theater games in group settings or professional development workshops.

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**We’d love to see you again soon!** We are constantly creating new content related to mindfulness and movement. Please visit our website frequently for new movement books.

Have a **virtual class idea** for your community or social group? Please contact us to share your suggestion.

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**Special thanks** to our partners at Sign Language Interpreting Professionals (SLIP) for their assistance with closed captioning.

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