

How to Use

- You can print out the pages for your child, or have them read our social story on a tablet, phone, or computer. Use whatever works best for your child!
- Use roleplay or provide specific reinforcements to help your child practice the skills in this social story! For example, after finishing this story, you can discuss the message with your child and roleplay similar situations.
- This social story is part of a series to manage anxiety. You can find the rest on our website: <https://www.speechandaba.com/>

Let's Do Yoga!

BY ESSENTIAL SPEECH & ABA
THERAPY



**Sometimes I feel scared or anxious.
Everyone feels this way sometimes!**



**When I feel scared or anxious, I can
do a special activity called yoga.**



First, I will lie down on the floor. I will lay down on my back and take three deep breaths.



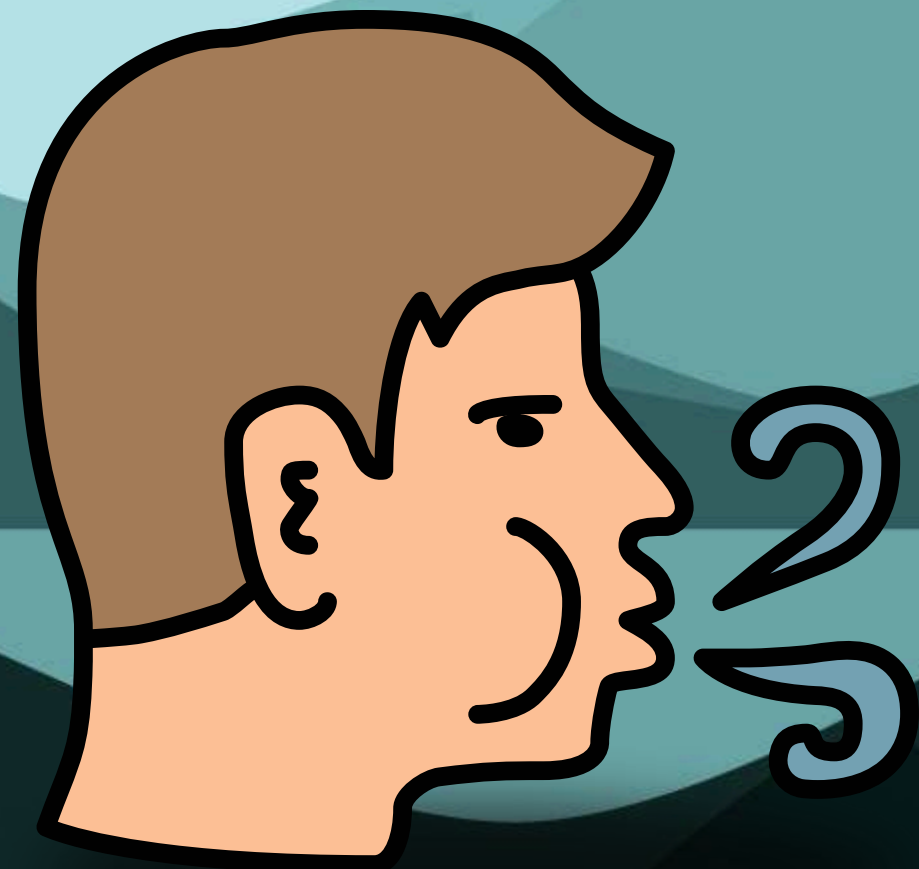
**Then, I will sit up. I will practice “hot
coco” breathing.**



**I can pretend to hold a cup of hot
coco. I will breathe in and pretend to
smell the hot chocolate.**



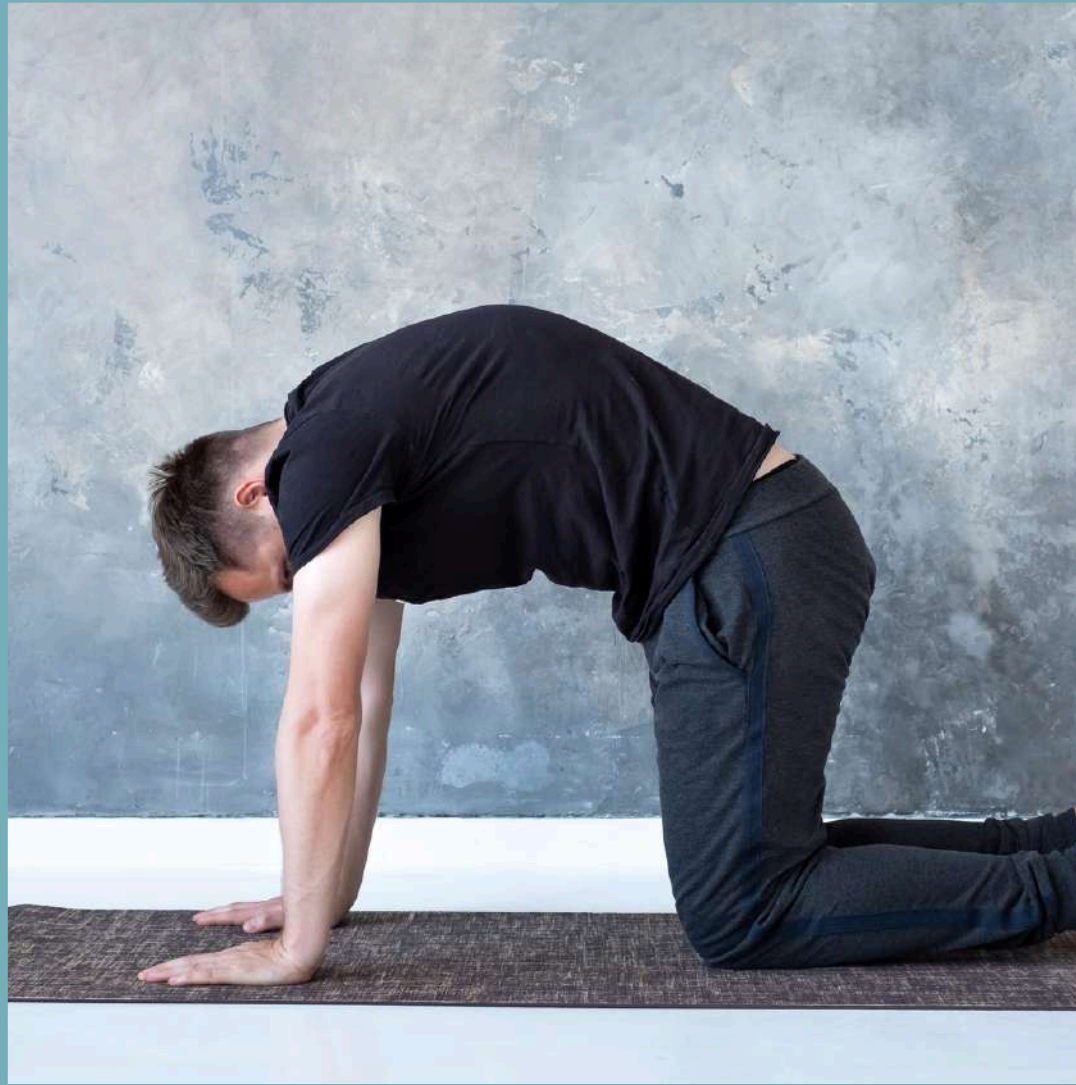
Then, I will slowly breathe out to cool
the hot chocolate. I will do this three
times.



Next, I will go on my hands and knees. This is called table top pose.



**I can arch my back up. This is called
cat pose.**



Then, I will put my back down. This is called cow pose.



Then, I will move to dog pose. Lots of poses are named after animals!



I will lay on my belly and lift my torso up. This is called cobra pose.



**I will stand up and do a warrior pose.
This pose will help me feel more
confident.**



**Then I will lie on the floor and do hot
coco breaths three more times.**



**Yoga is fun and can help me calm
down. I can use this story when I need
to practice yoga!**

