

# Train Yoga Routines for Kids

Created by Erin Buhr from My Storytime Corner + Bambini Travel

<p><b>1. Waiting for the Train Mountain Pose</b></p> <p>Stand tall with your hands at your side and feet hip width apart.</p> <p>Put your hand over your eyes and look both ways for a coming train. Can they see the train coming?</p>	<p><b>2. Conductor Lean back in Mountain</b></p> <p>Pretend to be the Conductor by cupping your mouth, leaning back, and calling "All aboard."</p>
<p><b>3. Engineer Warrior 1</b></p> <p>Move into Warrior 1 and with your hands reaching out pretend to be the engineer starting the train.</p>	<p><b>4. Moving Train Warrior 2</b></p> <p>The train is moving now and steam is coming out.</p> <p>Move into Warrior 2 and pretend your arms are the smoke stack where the smoke is coming back.</p>
<p><b>5. Passenger Chair Pose</b></p> <p>Pretend to be someone riding on the train. Sit down in the dining car.</p> <p>Imagine you are eating your lunch and looking out window. What can they see going past?</p>	<p><b>6. Riding the Train Seated Pose</b></p> <p>Sing Choo Choo song. Words: <i>Choo Choo Choo Choo (X2) Up the Railroad Tracks Choo Choo Choo Choo (X2) Then We Come Right Back First We go to ____'s house, then we go to ____'s house Then We Come Right Back.</i></p>
<p><b>7. Sleeping Car Child's Pose or Savasana</b></p> <p>Get into the sleeping car for a rest.</p>	<p><b>Namaste</b></p>