

ABCs of Feelings

A B C D E

Angry

Brave

Confused

Determined

Embarrassed

F G H I J K

Frustrated

Grateful

Happy

Intelligent

Jealous

Kind

L M N O P

Loved

Mad

Nervous

Optimistic

Proud

Q R S T U

Quiet

Relaxed

Sad

Tired

Upset

V W X Y Z

Vibrant

Worried

eXcited

Yucky

Zestful

ABCs of Recharge



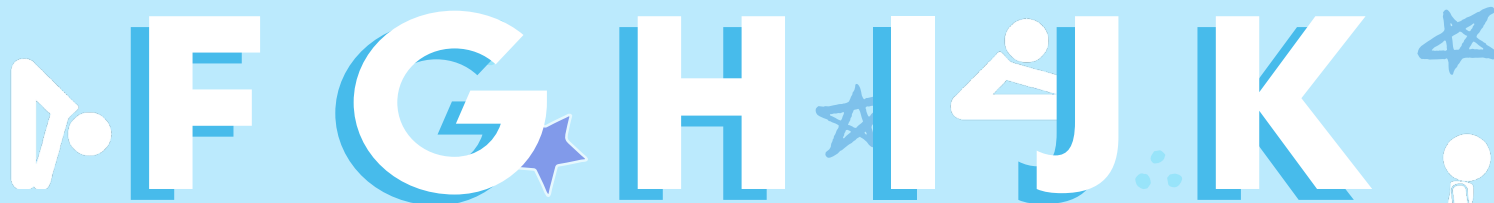
Airplane Pose

Bumble Bee Breathing

Child's Pose

Downward Dog

Easy Pose



Forward Fold

Gorilla Pose

Happy Baby Pose

Inhale & Exhale

Jelly Sandwich Pose

King Cobra



Lion Breathing

Mountain Pose

Nostril Breath

Overhead Stretch

Puppy Pose



Quick Bunny Breaths

Resting Pose

Superman

Tree Pose

Unicorn Pose



Volcano Pose

Warrior Pose

X-Pose

Y-Pose

Zero Pose



Move ABCs

A

Arm Circles
Airplane Pose

B

Bear Crawl
Boat Pose

C

Calf Raises
Child's Pose

D

Downward Dog
Dance in Place

E

Elephant Stomps
Elbow to Knee

F

Flutter Kick
Frog Jumps

G

Giant Leaps
Gorilla Pose

H

High Knees
Hula Hoop

I

Ice Skate
Inch Worm

J

Jumping
Jacks
Jump Rope

K

Kickbox
Knee Raise

L

Lunges
Laying Twist

M

March
Mountain
Climbers

N

Noisy Steps
Noiseless Steps

O

Overhead
Reaches &
Stretches

P

Plank
Push-Up

Q

Quadricep
Stretch
Quick Feet

R

Run in Place
Ragdoll Pose

S

Squat
Swaying
Tree Pose

T

Tuck Jump
Toe Touches

U

Upper Back
Stretch
Up & Down Jump

V

V-Ups
Very Fast Jumps

W

Wall Sit
Warrior Pose

X

X Jumps
X Crunches

Y

Yoga
Y Arm Raises

Z

Zigzag Slide
Zebra Gallop

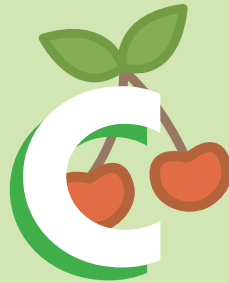
Snack ABCs



AVOCADO



BANANA



CHERRIES



DATES



EGGPLANT



FIG



GREEN PEPPER



HONEYCRISP APPLE



ICEBERG LETTUCE



JICAMA



KIWI



LEMON



MANGO



NUTS



ORANGE



PEAR



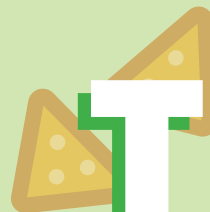
QUINOA



RASPBERRIES



SPINACH



TORTILLA CHIPS



UGLI FRUIT



VEGGIE SLICES



WATERMELON



XYNOTYRO CHEESE



YAMS



ZUCCHINI