



Campbell Creek Science Center

Time Outside Together (TOTs): Nature Yoga

Resources to explore the natural world with children under five.



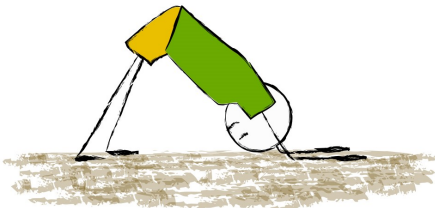
Connect your whole body to nature by trying these animal-inspired yoga poses:

Raven



1. Ravens are black all over – from the ends of their beaks to the tips of their wings and right down to their feet!

Moose



2. Moose can kneel by bending their front legs to reach plants growing low to the ground.

Lynx



3. Lynx have wide feet that act like snowshoes to help them walk on the snow.

Butterfly



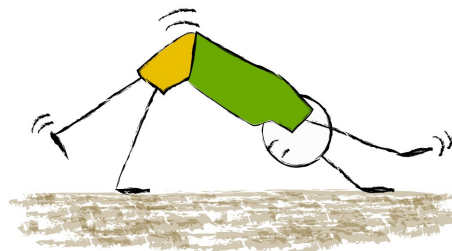
4. Butterflies have two sets of wings. The top two wings are called *forewings*. The bottom two wings are called *hindwings*.

Red Squirrel



5. Red squirrels are balance experts. They can run along small branches and leap long distances.

Porcupine



6. Porcupines are covered in quills and waddle when they walk.

