

Family Yoga Toolkit

Simple breath + movement tools for kids and grown-ups

Welcome!

This free toolkit was created by Radiant Heart Yoga + Wellness to give families simple yoga-based tools they can use at home.

These practices are short, gentle, and easy to try during real life family moments:

after school

before homework

at bedtime

during big feelings

when everyone needs a reset

No yoga experience needed. No perfect calm required. Just a few simple ways to breathe, move, and reconnect.

How to Use This Toolkit

Choose one tool at a time.

You do not need to do everything in order. Pick what fits the moment

Need calm?

Try Balloon Breath or Back-to-Back Breathing.

Need focus?

Try Tree Pose or Mountain Pose.

Need to move extra energy?

Try Volcano Breath or Star Pose.

Need bedtime support?

Try Legs Up the Wall or Turtle Pose.

Need connection?

Try Partner Mirror or High-Five Balance.

Even one minute can help create a
softer pause in the day.



Breath Tools

Balloon Breath

Put your hands on your belly.
Breathe in and feel your belly gently fill like a balloon.
Breathe out and let it soften.
Try it 3 times.

Helps with: calming, focus, big feelings

Parent note: This is a great breath to try before bedtime, after school, or anytime your child needs help slowing down.

Volcano Breath

Bring your hands to your heart.
Breathe in and reach your arms up.
Breathe out and open your arms wide like a volcano.
Let the extra energy out.

Helps with: releasing energy, focus, transitions

Parent note: This one is helpful when kids are wiggly, overstimulated, or moving from one activity to another.

Back-to-Back Breathing

Sit or stand back-to-back with your grown-up.
See if you can feel each other breathing.
Take 3 slow breaths together.

Helps with: calming, connection, bedtime reset

Parent note: This is a sweet way to reconnect without needing a big conversation. It can work especially well at bedtime or after a hard day.

Movement and Poses

Mountain Pose

Stand with both feet on the ground.

Grow tall through your head.

Let your shoulders soften.

Strong does not have to be stiff.

Helps with: calming, focus, big feelings

Tree Pose

Stand tall like a tree.

Place one foot on the floor, ankle, or calf.

Pick one spot to look at.

Wobbles count.

Helps with: balance, focus, confidence

Star Pose

Step your feet wide.

Reach your arms out.

Take up space like a bright star.

Strong does not have to be stiff.

Helps with: confidence, energy, body awareness

Rainbow Reach

Reach both arms up.

Lean gently to one side.

Come back to center.

Lean to the other side.

Make a rainbow with your body.

Helps with: stretching, breath, movement

Butterfly Pose

Sit tall.

Bring the bottoms of your feet together.

Let your knees open like butterfly wings.

Flutter gently or stay still.

Helps with: confidence, energy, body awareness

Turtle Pose

Sit or kneel.

Round your back gently.

Let your head soften down like a turtle in its shell.

Take 3 cozy breaths.

Helps with: calming, feeling safe

Partner Yoga Tools

These are simple connection-based poses to try with a grown-up, sibling, or friend

Partner Mirror

Face your partner.

One person moves slowly.

The other copies like a mirror.

Switch leaders.

Helps with: connection, focus, listening

High-Five Balance

Stand facing your partner.

Lift one knee or heel.

Give a slow high-five.

Try the other side.

Helps with: balance, laughter, focus

Partner Tree

Stand next to your partner.

Hold hands or touch palms.

Try Tree Pose together.

Trees grow better together.

Helps with: balance, teamwork, confidence

Restorative Reset

Legs Up the Wall

Wall, couch, chair, bed, or “in the air” version

This is a calming pose that can help kids and grown-ups settle their bodies.

Option 1: Legs Up the Wall

Sit sideways next to a wall.

Gently turn your body and bring your legs up the wall.

Let your back rest on the floor or bed.

Rest your hands on your belly or by your sides.

Stay for 1–5 minutes.

Option 2: Legs on the Couch

Lie on your back.

Rest your calves on the couch or a chair.

Let your knees bend.

This is often easier than using a wall.

Option 3: Legs on a Bed

Lie on the floor next to the bed.

Rest your legs on top of the bed.

Let your body feel supported.

Option 4: Waterfall Pose

Lie on your back.

Reach your legs up toward the ceiling.

Bend your knees as much as you need.

You can gently wiggle your toes or let your legs be still.

Helps with: calming, bedtime, tired legs, nervous system support

Parent note: Try this before bed, after a long day, or when your child needs a quiet reset. Keep it comfortable and easy. If legs up feels like too much, use the couch or chair version.

Family Reset

Quick Family Reset Ideas

After-School Reset

Try this when everyone gets home and the energy feels a little scattered.

- Shake out hands, arms, shoulders, and feet.
- Take 3 Balloon Breaths.
- Stand in Star Pose.
- Bring hands to heart and name one word for how your body feels.

Before Homework Reset

Try this before sitting down to focus.

- Stand in Mountain Pose.
- Take one slow breath.
- Do Rainbow Reach to each side.
- Try Tree Pose for 5 seconds on each side.
- Sit down and begin again.

Bedtime Wind-Down

Try this when the day needs a softer landing.

- Butterfly Pose for 3 breaths.
- Turtle Pose for 3 cozy breaths.
- Legs Up the Wall or Legs on the Couch for 1–5 minutes.
- Finish with one hand on heart, one hand on belly.

A Note for Parents

Yoga does not need to be perfect to be helpful.

Kids may wiggle, laugh, fall over, get distracted, or only try one breath. That still counts.

These tools are not about forcing calm. They are about giving kids and grown-ups simple ways to notice their bodies, move energy, build confidence, and reconnect. Small moments can make a big difference.

Want to Practice With Us?

Radiant Heart Yoga + Wellness is a warm, welcoming yoga and wellness studio in Broomall offering approachable classes, workshops, and community centered wellness experiences.

We welcome beginners, returners, families, and anyone who wants to feel more at home in their body.

New to yoga?

Starting can feel like the hardest part.

A free welcome consultation can help. We'll talk through your goals, answer questions, and help you choose a class that feels like the right place to begin.

Ask us how to schedule your free welcome consultation.

Radiant Heart Yoga + Wellness
Broomall, PA



Start with breath. Build mobility. Grow strength. Feel more at home in your body.