

The Calm Classroom Toolkit



Simple, powerful yoga and mindfulness strategies to help your pupils reset, refocus and thrive.

3 Classroom-Friendly Yoga Poses

3 Fun Yoga Poses for Calm Classrooms

Move, stretch and smile - all without leaving your space!

1. Growing Tree Pose

“Let’s grow into strong, steady trees!”

Stand tall with your feet together and arms by your sides.

Lift one foot and place it on your ankle or calf (never the knee!).

Bring your hands together like a leaf crown above your head or at your heart.

Imagine you’re swaying gently in the breeze

Say it together: “I am calm,
I am grounded, I can balance.”

Focuses the mind and improves posture.



2. Cat and Cow Stretch

(can be done seated at desks or on the floor)

“Let’s stretch our spines like clever cats and gentle cows!”

Sit or kneel with a straight back.

As you breathe in, lift your chest and look up - be a happy cow

As you breathe out, round your back and tuck your chin - now be a sleepy cat

Repeat slowly 3-4 times.

Tip: Add a gentle “moooo” and “meow” to make it fun!”

Stretches the back and helps with emotional release.



3. Mountain Magic Pose

“Let’s become tall, proud mountains!”

Stand tall with feet hip-width apart, arms relaxed at your sides.

Inhale and reach both arms slowly up toward the sky.

Imagine sunlight shining down from above

Exhale and slowly bring your arms back down like gentle falling rain.

Repeat 3 times, slowly and calmly.

Say it together: “I am strong like a mountain.”

Great for grounding, stillness and body awareness.



Bonus Ideas:

Link each pose to a rainbow colour or weather element (e.g. “Green for Tree Pose”, “Grey skies parting for Mountain Magic”).

Let pupils vote on their classroom pose of the day.

Use short pose breaks as transitions between lessons to keep energy balanced