

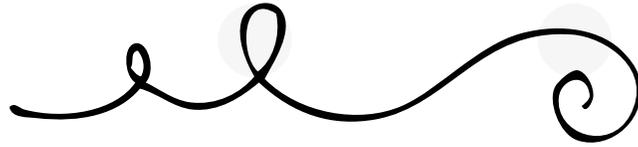


LAUGHTER YOGA AND MOVEMENT EXERCISES FOR CHILDREN

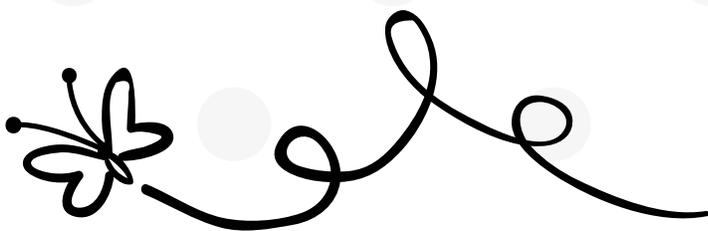


Joyful Breath Press
www.meaghanaxel.com

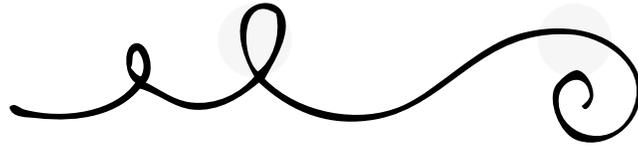
JUMPING FROG



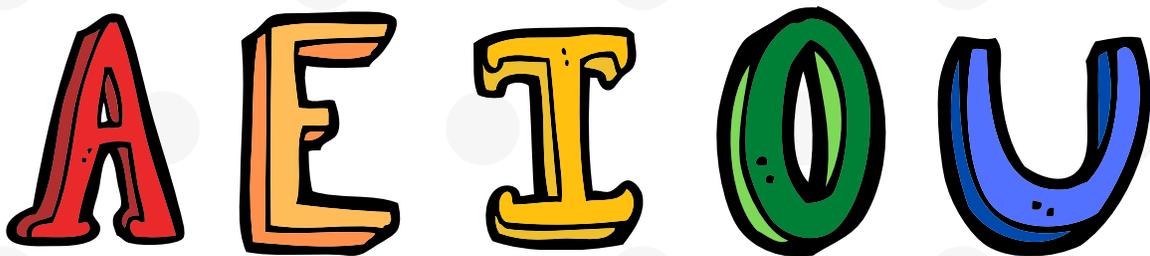
1. Squat down with your hands between your knees like a frog.
2. Jump up once and say, "Ha!"
3. Jump up again and say, "Ha! Ha!"
4. Jump up a third time and say, "Ha! Ha! Ha!"
5. Now, jump really fast and laugh as much as you can!
6. STOP when you hear an adult say, "RIBBIT!"



LAUGHING VOWELS

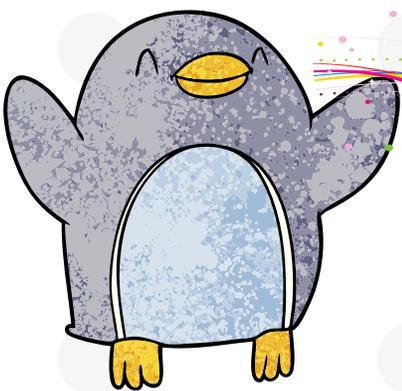


1. A: Laugh while making the short a sound, "Aaaaaa ha ha ha"
2. E: Laugh while making the long e sound, "Eeeeeee hee hee hee"
3. I: Laugh while making the long i sound, "Iiiiiii hi hi hi"
4. O: Laugh while making the long o sound, "Ooooooo ho ho ho"
5. U: Laugh while making the long u sound, "Uuuuuuu hu hu hu"



BREATH OF JOY

1. Stand tall and inhale quickly through your nose while reaching your arms overhead like the letter I.
2. Drop your arms down and inhale quickly again while reaching out like you're making the letter Y.
3. Drop your arms and inhale quickly one more time while reaching your arms overhead like the letter I.
4. Bend your knees and fall forward while dropping your arms between your legs. Exhale with a loud, "Ha!".



LAUGHING BABIES



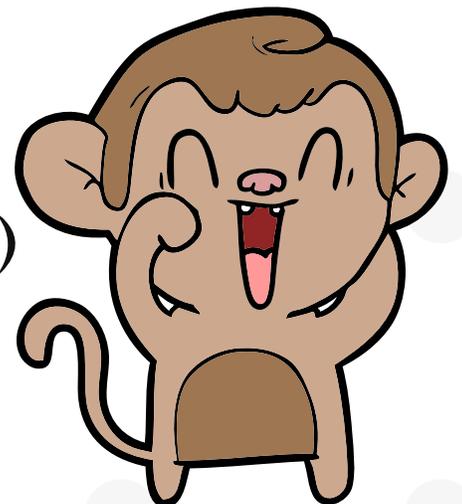
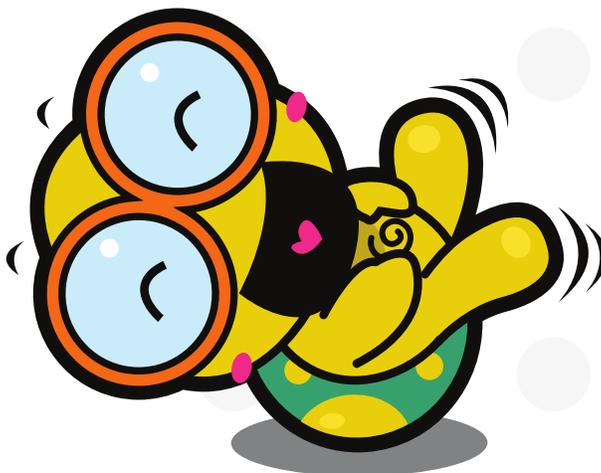
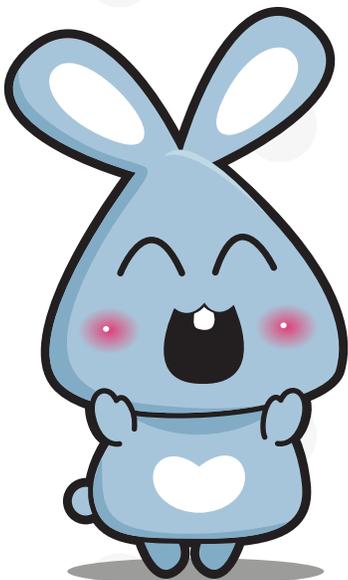
1. Sit in a circle.
2. One person begins imitating a laughing baby.
3. Each member of the circle pretends to be a laughing baby until everyone has had a turn.



LAUGHING ANIMALS



1. Sit in a circle.
2. One person begins imitating their favorite animal laughing.
3. Each member of the circle pretends to be a laughing animal until everyone has had a turn.



LAUGHING BREATH



1. Stand or sit up straight. Take a deep breath in through your nose.
2. Exhale out of your mouth 3 times while smiling and making a "Ha" sound--"Ha ha ha!"

**HA HA
HA!**

