

Pose Scavenger Hunt

Practice your seal pose all around your house! Remember, lie on your stomach, keep your teeth slightly together, and say “sss” as you raise your chest off the ground. The movement reminds to keep the air flowing.

- Pose in the hallway
- Pose on the front porch
- Pose in your room
- Pose in the kitchen
- Pose in the back yard (or any yard)
- Pose on the stairs
- Pose with a sibling
- Pose with a stuffed animal
- Pose with mom or dad, grandma or grandpa, etc
- Pose with your pet
- Pose safely somewhere up high
- Pose at your favorite park

