The Ohio State University
Orton Geological Museum

Fossil Yoga
For Kids
"Both physical and mental health issues have been identified as major concerns for children and adolescents. Recently, yoga has gained popularity in school-based settings. Research on the efficacy of yoga for improving mental, emotional, physical, and behavioral health is a recent but growing field. There is both theoretical, and empirical support for the practice of yoga. Physical benefits include improved flexibility, muscle strength, and balance.

The practice of yoga may improve mental health, including the body’s response to stress and increase youth’s skills for coping with stress, improve mental focus and mood, reduce anxiety, and aid in self-regulation. Long-term practice of yoga may be related to greater cortical thickness, which might explain the greater ability to focus. Yoga has the potential to play a protective or preventive role in maintaining mental health. Additional social and academic benefits have been reported to improve well-being and quality of life. Yoga may be used with other social and emotional learning activities."

Excerpt taken from 4-H Yoga For Kids, University of Arkansas with permission.

*Note the story in Fossil Yoga For Kids is for entertainment and may not reflect accurate scientific research.
Pose Guide

Cryolophosaurus Pose

Brachiopod Pose

Pterosaur Pose

Iguanodon Pose

Mammoth Pose

Giant Ground Sloth Pose
Pose Guide

Crystal Pose

Trilobite Pose

Rock Pose

Museum Pose

Paleontologist Pose

Dunkleosteus Pose
I am going to the Orton Geological Museum today when I see the tower I will know I am there! My family and I will explore the museum, learn new things, and have fun. Cryolophosauruselloiti excitedly greets us as we enter. The museum is full of awesome stuff. First, we visit the mineral exhibits, where large crystals shine bright in their cases. There are even rocks from outer space on display! The kind of scientist that studies rocks and minerals are called geologists.

Next, we visit Jeff, the Giant Ground Sloth who use to roam Ohio 11,000 years ago, he stands tall in the center of the museum. Then we follow the geological time scale through Ohio’s history. First, in the Ordovician period, some trilobites swam, and brachiopod shells that lived on the seafloor. Then in the Devonian period, the giant fish Dunkleosteus swam the seas that covered Ohio long ago. Dunkleosteus was larger than a great white shark.

Next, we visit the Mesozoic era exhibit that features all kinds of dinosaurs such as a flying Pterosaur, Iguanodons, and Cryolophosaurus that was discovered by an Ohio State scientist. Finally, we visit the Ice age exhibit and see Mammoth and Mastodon bones found from all over Ohio! We finish our visit by talking to the paleontologists working at the museum, they are friendly scientists that study the fossils we love to see in the museum. They answer all our questions! One day I want to be a paleontologist.

I love to visit the Orton Geological Museum!
Cryolophosaurus Pose

Directions
1. Come onto the floor into Tabletop pose.
2. Arch your back up toward the ceiling. Tuck your tailbone under and bring your pelvis forward.
3. Tuck your chin into your chest.
Brachiopod Pose

Directions

1. Sit on the floor with your back straight, knees bent, and feet flat on the floor. Rest your hands on the floor behind you.

3. Keeping your knees bent and your back straight, shift your weight to your hands and raise your feet and legs off the floor.

4. Reach your arms out in front of you, palms facing inward, so that you are balancing on your tailbone.
Iguanodon Pose

Directions
1. Lay down flat with your stomach to the ground
2. Extend your arms straight out and lift your chest
3. Tilt your head back
Pterosaur Pose

Directions
1. Set your feet wide apart and stretch your arms out to either side, palms facing down.
2. Turn one foot, so it is pointing to the side, then bend your knee on that leg.
Directions
1. Come onto the floor into Tabletop.
2. Lift your head, chest, and tailbone towards the ceiling, allowing your stomach to arch toward the floor.
Directions

1. To help with balance, extend your arms out to either side.
2. Bend one knee to the side, and set your toes on the floor and your heel against your ankle.
Crystal Pose

Directions
1. Begin on your hands and knees, on the floor
2. Curl your toes under, straighten your knees, and lift your hips.
3. Keep your head between your arms.
Trilobite Pose

Directions

Lay down, position your legs and arms until you are completely relaxed.
Rock Pose

Directions

1. From all-fours, come back to resting on your heels, with your arms stretched out in front of you and palms flat on the ground.
2. Gently bring your forehead to rest on the ground in front of your knees and lay your chest on your thighs.
Museum Pose

Directions
1. Stand tall, feet hip-width apart, shoulders relaxed chest lifted.
2. Flex your toes to engage your legs.
3. Let your arms hang beside your thighs.
Paleontologist Pose

Directions
1. Sit on the floor.
2. Cross your shins.
3. Bend and widen your knees, bringing your feet closer to your body, and rest each foot under the opposite knee.
4. Rest your hands on your knees.
Dunkleosteus Pose

Directions
1. Lay flat on the ground with your arms to your side
2. Slowly raise your legs, and chest and hold