



PIRATE PLANK POSE



BOAT POSE



PIZZA POSE



APPLE TREE POSE



AIRPLANE POSE



SPIDER POSE



EXTENDED SIDE ANGLE POSE



STARFISH POSE



CRESCENT MOON



SPAGHETTI POSE



FUNNY CRAB POSE



BRIDGE POSE



HOT AIRBALLOON POSE



HI TO THE SKY



CHAIR POSE



DUCK POSE



UNICORN POSE



SURFER POSE



SLIDING BOARD POSE



BAT IN A CAVE POSE



RAINBOW WITH EXTENDED ARM



SANDWICH POSE

YOGA ACTIVITY SHEET #1



> First, try all poses together to learn the names and positions!

> Yoga freeze dance! Play music, then stop it, call out a pose & try it! Or, when music stops, kids move over to a card and try that pose.

> Place cards in a big circle. Say green light for kids to walk, or tip toe, or move in fun ways around the circle. When you say redlight, kids do the pose they stopped at.

> Note: These are not all the correct YOGA names for these poses! I've taken some playful liberty to rename some and keep it FUN!



GIRAFFE POSE



FUNNY CRAB POSE



SPAGHETTI POSE



HOT AIRBALLOON POSE



SPIDER POSE



SLIDING BOARD POSE



YOGA ACTIVITY SHEET #2



YOGA GAME TO PLAY:

> First, try all poses together to learn the names and positions!

> TRY: Simon Says (or Yogi says)! "Yogi says try boat pose" - everyone tries boat pose. "Try pirate plank pose!" (Kids should remain in boat pose, since you didn't say YOGI SAYS!) If they did it, ask them to take a deep breath in to help refocus!

> Note: These are not all the correct YOGA names for these poses! I've taken some playful liberty to rename some and keep it FUN!



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YOGA ACTIVITY SHEET #3



YOGA GAMES TO PLAY:

> Practice each pose playfully!! Have fun exploring the move! Every child may have their own variation and will look different doing the pose and that's OK and GOOD!

> Print two copies and play memory with cards face down. Pick up one card, then try to find the match! If you don't place those two cards face down again. Next person's turn! If you pick a match, do the pose (or everyone can do the pose).

> Obstacle course or yoga stations! Use with other props in an obstacle course! Kids can hold each pose for a set # of seconds!



BRIDGE POSE



SURFER POSE



CRESCENT MOON



RAINBOW WITH EXTENDED ARM



CHAIR POSE



HI TO THE SKY



YOGA ACTIVITY SHEET #4



YOGA GAMES TO PLAY:

- > Practice each pose playfully first!!
- > Kids create their own sequence of movements! Pick your favorite 3 for example and try moving from one to another!
- > Math Game: $2+2 = 4$ seconds to hold #4! $3+3 = 6$ seconds to hold starfish pose!
- > Create your own yoga pose, then draw it, or write about it! What would you call it?
- > Create a yoga story based around several poses! Example: There was once a **unicorn** (do that pose) who was very hungry and ate a **pretzel** and then met a **duck** who was eating #4, **sandwiches**! They decided to share the sandwich with a **starfish**!



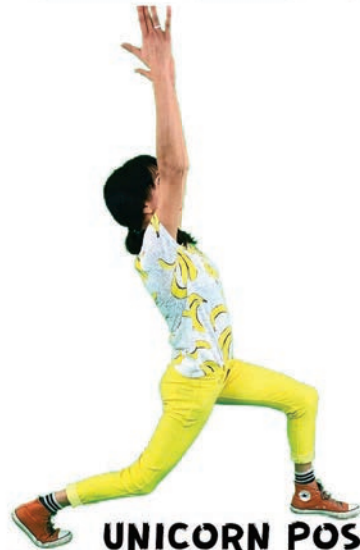
PRETZEL POSE



#4 POSE



DUCK POSE



UNICORN POSE



STARFISH POSE



SANDWICH POSE

