

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

