

# 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**