

# 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**

