

## YOGA CARD GAMES



Illustrated yoga cards are a wonderful tool to encourage children to learn and practice familiar poses. Colourful pictures and easy-to-remember rhymes allow the pose to be taught in a way that is simple for children to follow.

You can incorporate the cards into fun games, as well!

## YOGA STATUES

This game is like musical statues - but with a yoga twist! Play some upbeat music and have the children dance around in an open space.

When the music stops, hold up a yoga card. Everyone must freeze in this pose.

### My tips

- Children love to show their creativity; let them make up poses too. We've seen the motorbike, princess, and dancing mountain poses so far!
- Add scarfs or beanbags and have the children balance them on different body parts while they hold the pose.

## HOPSCOTCH YOGA

Arrange hula hoops into a hopscotch board. Place a pile of yoga cards into a container at the end of the board.

The children should take turns hopping through the hoops. When they reach the end of the board, they select the top card and do the pose displayed.

### My tips

- For larger groups, set up two hopscotch boards so two groups can play at once.
- Younger groups may need help choosing the cards after all that hopping! Select a special helper from the group each round to pick the card from the pack (or have the instructor do so).



## HOT POTATO

Place the yoga cards in a bag. Have the children sit in a circle and pass a ball around while music plays.

When the music stops, the person holding the ball selects a card from the bag. All the children then form the pose.

### My tips

- Play the game in small groups so that everyone has a turn selecting from the bag.
- Cards can be swapped for toys that represent different poses. You can find small sharks, frogs, snakes and other animals in toy shops everywhere.

## MUSICAL MATS

Arrange yoga mats in a circle with a card hidden underneath each one. While music plays, instruct the group to stand on the mats. The group should move around the mat circle in different ways. This could be anything from walking backward to skipping!

When the music stops, everyone reveals the card hidden under the mat they are standing on and forms the pose.

### My tips

- If the children have difficulty moving the mats, place the cards on top of the mat, rather than underneath.
- If you do not have yoga mats, have the group make a circle and place the cards face down in the middle. When the music stops, the children select a card at random and form the pose.

## THE MAGIC WAND

Place the cards into a bag. Pick one child at a time to use a magic wand! The child with the wand selects a card from the bag, then uses the wand to turn their friends into the animal on the card.

### My tips

- You can substitute the cards for toys that represent poses.
- The child with the wand may also like to wear a silly hat or cape.



# YOGA CHARADES

Have children sit in a circle with the yoga cards in the middle. Select a child to choose a card from the pile. The child will form the pose while the rest of the group must guess what it is.

## My tip

- In larger groups, have two children select cards at a time.



# MEMORY

Place 6-10 yoga cards in the middle of the group. Practice each pose with the children, then have everyone go into child's pose. While the group is in child's pose, cover the cards with a sheet, then remove one. Be sure the group does not see which card is removed!

Once the card has been removed, ask the group which card is missing. When it is revealed, everyone forms the pose from the missing card.

## My tips

- Start the game with fewer cards to familiarise children with the moves.
- To increase the difficulty level, increase the number of cards in the group.
- Instead of saying the name of the card that is missing, have the children form the pose without speaking.