

HOW TO SET UP FOR YOGA GAMES FOR KIDS



TODDLER YOGA POSES

**Fun way to
introduce kids
to Yoga on this
International
Yoga Day**

YOGA GAMES

1. STRIKE A POSE

Play music and the students dance around the room. When the music stops, the children strike a [pose](#). The teacher could call out a pose, or try saying, “Show me a pose of an animal that is found in the water, or flies, etc”. Then the teacher plays the music again, the children dance, music stops, and then they practice a different pose.

2. WIND IN THE TREES

Half the students are trees and hold **Tree Pose**. The other half of the students are the wind and gently travel in and out of the trees.

3. POSE DETECTIVE

Try to give them a yoga pose challenge, like “Show me a pose with 2 feet and 1 hand only on your mat.”

How to play Yoga Tag:

1. Assign four children to be “taggers” and four children to be “defrosters.”
2. Remind the taggers that their job is to tag another child in a gentle way. You could even give them a ball of yarn to use for tagging, to ensure a gentle touch.
3. Once a child has been tagged by a tagger, she places her hands on her head.
4. The tagged child waits for a defroster to come over. Together, they take one yoga pose card and practice the yoga pose together for three to five deep breaths.
5. Once the defroster and tagged child finish their shared yoga pose practice, then the tagged child becomes a defroster, and the defroster becomes a runner trying to get away from the tagger.
6. The game continues.