

FUN YOGA GAMES

1. Blind man's Buff Yoga Game:

Materials Needed: A scarf to blindfold, small objects or toys as many as you like*, a box or a small cloth bag to put these objects or toys (*the toys you choose must match with the yoga poses, such as small animal toys)



Game Proceedings:

- Fill the toys of your choice in a bag or box.

- Tie the player's eyes with a scarf.
- Help the player choose an object from the box.
- The player will guess what he/she is holding in his/her hand.
- If the player knows, he/she will do the yoga pose of the toy he/she is holding.
- If the player cannot guess the toy, the other player will do the related yoga pose.

2. Yogi Says Game:

Game Proceedings:

- One person is selected as the Yogi.
- The other players must do the yoga poses that the Yogi tells them to do if the instruction starts with "Yogi says."
- If the Yogi doesn't use "Yogi says," then players do not do the pose.
- Keep changing the person who is Yogi, so that everyone gets a turn.

3. Mirror Yoga Game:

Game Proceedings:

- One person starts as the leader. The leader chooses a pose to do and shows it to the others.
- The other players copy the leader's pose as if they are looking into a mirror.
- Change the leader with each round of poses, so that everyone has a turn at being the leader.
- This game is a good warm-up exercise to increase focus.

4. Animal Guessing Yoga Game:

Materials Needed: Yoga Cards

Game Proceedings:

- The players sit on the floor in a circle. A player chooses a card from yoga cards, which is made up of animals only. He/She does not show that card to his/her friends.
- Then his/her friends ask questions in order to guess the animal: where does it live, what to eat, what color, how many feet, can it fly, etc?
- The player who wants to guess raises finger; instead of saying the name of the animal verbally, he/she makes the yoga pose of that animal.
- The player who chose the card also looks at the pose and tells whether it is the right animal.
- The game continues until the animal on the card is guessed.

- Then, another player chooses a new card, and the game continues.
- In this game, both the person who chooses the card and the one who guesses must know the yoga poses.

5. “Hot Potato” Yoga Game:



Materials Needed: Music, Small Animal Toys

Game Proceedings:

- Learners sit in a circle.
- Bring some small toy animals of which you can do yoga poses later.
- Choose a toy to be the “hot potato”.
- Play music and the learners pass the “potato” as quickly as they can around the circle.
- When the music stops, whoever has the “potato/animal toy” shows the yoga pose of that animal toy to the circle.
- You can continue this game as much as you can, or when you finish passing all the toys.