

Movement:

Roll and Pose Yoga

Learning Value:

This activity promotes development and learning by encouraging children to use large muscles to move and balance own body with yoga poses.

Materials Needed:

- ▶ 2 dice and open space
- ▶ Yoga pose photos (attached)

Participants:

This activity is intended for 2 or more participants/players.

Directions:

Step 1: Roll the dice. Count the dots.

Step 2: Find the photo below that corresponds to the number rolled, and hold this yoga pose for 5 seconds. Some poses require two people.

Step 3: Take turns rolling and repeat!



2: River



3: Open-Heart



4: Y (lowercase)

Bright Horizons.

World at Home



5: Gate



6: Bridge



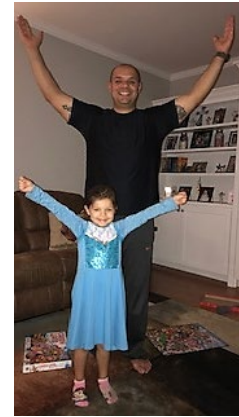
7: Plank



8: Double Rooftops



9: Double Ostrich



**10:
Double Y (uppercase)**



11: Double Gate



12: Double Boat