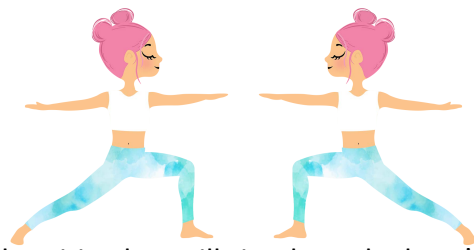


Kids Yoga Games

Ages 5-8



Yoga Statues

Yoga statues is always a huge hit with kids, it's fun and exciting but still simple to do, here's how to play:

1. Chose one yoga pose to use in this game, a standing pose such as tree or warrior one works well with this game.
2. You are the captain, you stand at one end of the room and all of the other children stand at the other end of the room, your back is turned towards the children.
3. When you say go, all of the children are going to try to run up to touch your back beacuse the first person to touch your back wins!
4. The challenge is, at random times, you will spin around to look at the children, when you do, they have to stop really quickly and stand in the chosen yoga pose, they must be as still as a statue! If they wobble or move and you see them, they are out!
5. The first person to make it up to the front and touch your back wins! They then get to take your place at the front of the room to be the captain.
6. Choose a different pose and the children can play again.
7. It is good practice to allow the kids that get out to stand up the front with you to be your assistants.

The repetitive nature of this game is great to help children remember different yoga poses, it also teaches focus and stillness, it helps the kids to burn off energy so playing this game is a great option if kids are hyped up and have excess energy.

Jelly Legs

You will need to provide a yoga block for this game.

In this game, children sit in boat pose and pass a yoga block from person to person using only their feet! This game is super fun, the kids will have lots of laughs and at the same time they will build strength in their legs and core muscles, here's how to play:

1. Get kids to sit in a circle quite close to each other
2. One child starts by holding the block with just their feet and sitting in row boat pose
3. The child then passes the block to the next child with their feet , the second child collects the block using only their feet
4. The block continues to get passed around the circle, anybody who drops it is out
5. To increase the challenge, get kids to lift their hands up off the ground!
6. The winner is the one person left on that has not dropped the yoga block

Plank Races

Remember wheel barrow races? Plank races is the same idea as wheel barrows, it teaches the kids plank pose, it will increase arm strength and core strength and will help to build team working skills.

1. Get children to pick a partner
2. One person gets into plank pose, the other person is the driver and holds the ankles of the person in plank pose (think wheelbarrow races)
3. Ready, set, go! Kids race to the finish line
4. Get kids to regularly switch around partners