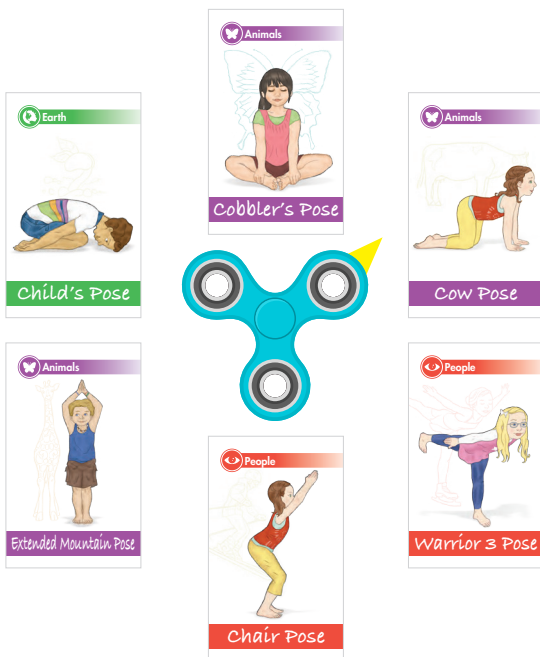


YOGA CARD GAMES

Memory Card Game

Place all the yoga cards upside down in rows. Take turns flipping up two cards at a time. If the player gets a yoga pose matched with its keyword, then that player keeps the pair. The game continues until all pairs have been matched up.



Yoga Pose Spinner Game

Grab a deck of yoga pose cards. Place a Post-it note under one corner of a fidget spinner to act as a pointer. Pick out six yoga pose cards and arrange them in a circle around the spinner.

You might want to use Blu Tack or something similar on the bottom of the spinner to make sure it doesn't spin away. Spin the spinner and then practice the pose that the pointer lands on. You can change the pose cards after a few rounds and play again!

Yoga Cards Dice Game

Grab a die from a board game you have at home. Write the numbers 1 through 6 on sticky notes, one note for each number. I wrote both the numeral and the number symbol found on dice. Have your child pick out 6 yoga pose cards from the deck. Stick a number note on each yoga pose card. I put the yoga poses in a logical yoga flow with standing poses first, followed by floor poses, and resting poses. Roll the die and practice the yoga pose associated with that number.

