



Yoga-inspired Activities for families at home



Yoga-inspired picture cards (see files attached)

Below are some ideas on how you can use the cards for games with your family.

Use these cards as a fun way to be active without needing a lot of space to move in.

These activities can support your child to develop the 'Stability' fundamental movement skills: stretching, bending, twisting and balancing.

Children can also use the picture cards for a fun 'quiet-time' activity at home.

Note: If printing the picture cards we recommend printing single sided on A4 paper.

'Mr Stretch' Says

1. Play 'Simon Says' but instead of Simon, the leader yells 'Mr/Miss Stretch says' and uses a variety of bend and stretch poses as the actions for your child to follow (show flash cards to help with this).
2. Once they are familiar with the game and poses, you and your child can take turns being Mr/Miss Stretch.

Variations:

- As children improve holding the poses, extend the time they have to hold the pose.
- As children become familiar with the game and poses, give them two or more poses to do in a row.

Bend & Stretch with dice

1. Print off the Yoga-inspired picture dice template, cut and fold to create a dice.
2. Roll dice, you and your child then copy the pose that the dice lands on.
3. Repeat giving each family member a turn at rolling the dice.



Variations:

- To link with numeracy, have your child say a number and everyone can try and hold a pose for that many seconds.
- OR print out and fold the number dice template (or use dice you already have at home). Roll the dice, say the number and hold the pose for that number of seconds.

Musical cards

1. Scatter Bend & Stretch cards around the room/yard.
2. Play music for children to dance to.
3. Children dance around the room to the music, when the music stops, children run to the closest card and practice the pose.

Variations:

- Instead of dancing, your child can practice a fundamental movement skill (e.g. galloping, side-sliding, running, hopping, skipping, jumping), from one card to the next until the music stops.

Musical Statues

1. Play Music (see Munch & Move songs online) for children to dance to.
2. When the music stops, demonstrate a pose for your child/children to hold until the music comes back on again.



Health
Northern Sydney
Local Health District



Backyard games with Bend & Stretch poses

- Create an 'Obstacle course' in your yard; Bend & Stretch pose cards can be displayed at different points around the obstacle course, and when your child gets to these points, they stop and practice the pose.
- 'Stuck in the mud' (for families of 4 or more); children run around in an area. There is one 'tagger' who chases the children and tags them. Children to do a pose and hold it for 10 seconds before they can continue in the game.

Action songs for the lounge room

- Choose a card and sing together, practicing the pose as you go (repeat with another card):
*If you're happy and you know it, do a pose.
If you're happy and you know it, do a pose.
If you're happy and you know it, and you really want to show it,
if you're happy and you know it do a pose.*
- Together with your child find all the Bend & Stretch cards with animal poses e.g. dog, cat, giraffe, monkey. Use these cards and sing together, practicing the pose as you go;
*Old Macdonald had a farm. E-I-E-I-O,
And on that farm he had a dog. E-I-E-I-O,
With a bow-wow here, and a bow-wow there,
Here a bow, there a wow, everywhere a bow-wow.*



Games for the floor or at a table

Print a second set of cards and use them to play:

- 'Memory' - place cards face-down in rows. First player turns two cards over. Player keeps card if the pictures match, otherwise put face-down again. Take turns to find matching pairs.
- 'Snap' - Deal cards amongst players. Take turns to put a card face up on one pile. If the two cards on top are the same, the first player to call 'Snap' gets all cards in the pile.

Relaxation and Rest time

- Use pose cards during rest time or relaxation time.
- Set up a quiet space with the poses on the walls for children to practice by themselves.



Bed time routine

1. Your child selects a pose card.
2. Children do the pose for a designated time e.g. count to 3, as part of their bed-time routine

Early Years Learning Framework

- Learning Through Play
- Intentional Teaching
- Children have a strong sense of Wellbeing



Health
Northern Sydney
Local Health District



Turtle pose



Snake pose



Camel pose



Dog pose



Flamingo pose



Butterfly pose



Triangle pose



Boat pose



Warrior pose



Cobra pose



Tree pose





Monkey pose



Lion pose



Cat pose



Cow pose



Frog pose



Giraffe pose



Lion pose



Monkey pose



Cat pose



Cow pose



Snake pose



Turtle pose



Frog pose



Giraffe pose



Camel pose



Dog pose



Butterfly pose



Flamingo pose



Boat pose



Triangle pose



Cobra pose



Tree pose



Warrior pose











Lion pose



Monkey pose



Cat pose



Cow pose



Snake pose



Turtle pose



Frog pose



Giraffe pose



Camel pose



Dog pose



Butterfly pose



Flamingo pose



Boat pose



Triangle pose



Cobra pose



Tree pose



Warrior pose



