



WELLBEING BEES

OUR TOP 5

Yoga Games



**IDEAS FOR
TEACHERS**

Yogi says

(+6) Like Simon says. Pick someone to be Yogi. They have to think of a yoga pose and then call it out. If the yogi starts with 'Yogi Says (name of yoga pose)' everyone has to do it. If they just say the name of the pose and no 'Yogi Says' nobody should do it. Keep changing the person being Yogi, so everyone gets a turn. If someone does do it by mistake – you could have them do 3 bunny hops as a forfeit.



Yoga statues

(All ages) Like musical statues. When the music starts dance, when the music stops call out a yoga pose for the students to perform, hold for 5 counts.

Yogis footsteps

(+5) Choose one person to stand at the front of the room, the rest of the children stand at back of the room in a row against the wall. All children say 'Yogi, yogi, why so sad? What can we do to make you glad?' Yogi calls out a number of steps and a yoga pose- eg- '2 steps and tree pose' Repeat until they all make it to the front of the room. Pick another child to be yogi. Give the yogi a list of poses or use yoga cards to help them.





Detective yogi

(+6) Sit in a circle. Pick one child to be a detective; he/she goes out of the room. Pick another child to be the yoga pose thief who picks a pose, which the rest of the group has to copy. Bring the detective back into the room. The thief has to keep changing the pose, which the rest of the group copy (for example- tree to warrior one) without the detective guessing who is changing the poses.

Namaste, Namaste, Yogis-

(all) Sitting in a circle with legs crossed in Yogis pose. One person is chosen to walk around, tap each child on the head saying 'namaste, namaste, namaste' and then picks one person to be 'yogis'. The person selected has to do a yoga pose, the rest of the group copy the pose. Then this child gets a turn to walk around choosing 'namaste' or 'yogis'.

