

# YOGA BINGO - RELAXING AND RESTORING



## WELCOME

### Play

THROUGH BINGO GAMES CHILDREN LEARN YOGA AND CONNECT WITH EACH OTHER.

### Relax

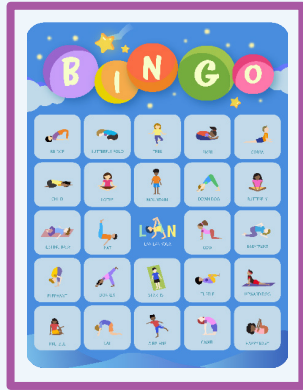
SLEEP BETTER. REDUCE STRESS. IMPROVE INNER PEACE.

### Restore

IMPROVE FOCUS. DEVELOP BODY AWARENESS.

## ONE WAY TO PLAY THE BINGO GAME!

THERE ARE 5X5 25 SQUARES ON THE BOARD, WITH 24 UNIQUE YOGA POSES.



- 1 PLAYERS TAKE TURNS CALLING A YOGA POSE NAME!
- 2 EVERYONE DOES THE POSE! HOLD THE POSE FOR 3 LONG DEEP BREATHE!
- 3 TAKE THE SQUARE! IF YOU GET 5 SQUARES IN A ROW, YOU WIN

**WINNER'S PRIZE - LEAD THE COMPLETION CEREMONY EVERYONE LAY DOWN ON THE FLOOR. STRETCH YOUR BODY AND RELAX. EYES CLOSED.**

TAKE A LONG DEEP BREATH IN ALL THE WAY TO YOUR TUMMY. WHEN YOU BREATHE OUT HUM LIKE A BEE. RELAX YOUR FACE AND LIPS.

REPEAT FOR 3 TIMES. BREATH IN ALL THE WAY TO YOUR TUMMY, BREATHE OUT HUM. RELAX YOUR TOES, FACE, ALL THE WAY TO THE TOP OF YOUR HEAD.



## BRAIN BREAK YOGA GAMES WE LOVE!

THERE ARE ENDLESS POSSIBLE WAYS TO PLAY WITH OUR YOGA CARDS!!

## TWISTER YOGA CHALLENGE

KIDS NEED A YOGA MAT, CHAIR OR CUSHION FOR THIS GAME. EVERYONE SHOULD HAVE THE SAME THING, WHATEVER YOU DECIDE.

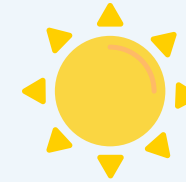


WHATEVER BODY PARTS YOU CALL OUT, THEY HAVE TO GET INTO A POSITION WHERE ALL OF THOSE PARTS ARE TOUCHING THE PROP YOU CHOSE.

**Ex.** IF YOU SAY BOTH KNEES AND ONE FOOT, THEY HAVE TO THINK OF WHAT POSITION THEY CAN BE IN WHERE ONLY THOSE THREE BODY PARTS ARE TOUCHING THE CHAIR. OR IF YOU SAID BELLY, THEY MIGHT LAY ON THEIR STOMACH AND DO SUPERMAN, SO ONLY THEIR STOMACH IS TOUCHING THE CHAIR OR MAT.

## FREEZE YOGA DANCE

ASSIGN ONE PERSON AS THE DJ. DJ WILL MANAGE MUSIC.



EVERYONE DANCES AS THE MUSIC PLAYS. WHEN THE MUSIC STOPS, THE DJ WILL CALL A YOGA POSE'S NAME.

EACH PLAYER MUST FREEZE IMMEDIATELY AND HOLD THAT POSE UNTIL THE MUSIC BEGINS AGAIN.

IF A PLAYER DOES NOT FREEZE IMMEDIATELY, S/HE DOES 10 JUMPING JACKS DURING THE START OF THE NEXT ROUND AND THEN REJOINS THE DANCE.

