



## UKG- FUN WITH YOGA

### Why is yoga important?

- Yoga has been shown to improve both physical and mental health in children. It improves focus, memory and academic performance.
- Practising yoga can even reduce anxiety and stress in children. It is the need of the hour considering that children are mostly at home in light of the current circumstances.

Here are couple of links you can make use to introduce yoga and enjoy them with your kids. Please ensure that the child is monitored when doing these poses/asanas.

<https://www.youtube.com/watch?v=oYI0TPJOuGk>

<https://youtu.be/X655B4ISakg>

### Games to play:

#### Yoga bingo:

- This is a fun activity you can all do together at home. Throw a counter or a dice and perform whichever yoga pose it lands on.



#### Pose Challenge:

This game will help children realize how all of their body parts have advantages and can make them stronger. Call out two different body parts that should be touching the floor or yoga mat and have them show that pose. For example “Two hands/Two feet” could mean the children could show dog, plank, cat, cow, standing forward fold or a new pose that they invent. There are no wrong poses. It is just a fun way to get their body moving in different ways.