

SIMON SAYS “DO A YOGA POSE”

(FOR AGES 3+)

INGREDIENTS:

- Open space
- Yoga mat or large towel

RECIPE FOR FUN!

It's important to maintain an exercise routine. Yoga provides a low-impact way of strengthening our bodies, which makes it a great practice for people of all ages — especially kids! The ability to grow and develop can also help kids develop feelings of accomplishment and pride.

STEP 1: Find a comfortable place with enough space to move around.

STEP 2: Create a sequence of poses from our suggested list or from your own yoga online search. The more your children practice their poses, the more familiar their body becomes with the movements and the easier they will be to perform.

STEP 3: Depending upon the age of the children playing, either a parent can be “Simon” or choose one child to be “Simon.”

STEP 4: Simon will begin to call our yoga poses, giving instructions by saying, “Simon says...” telling the kids to perform a specific pose. Each child must get into the yoga pose. If Simon leaves out “Simon says” before giving instruction, anyone who did the pose is out!

STEP 5: The players should follow Simon's directions and stay in the game for as long as possible! The last player standing wins and becomes the next Simon.

YOGA POSES: These kid-friendly yoga exercises can help your little ones develop important concentration skills and expand their ability to focus. It's also a great way to teach control and self-discipline.

1. Happy Baby Pose: Lie on your back and hug your knees into your chest. Grab the outer part of your feet with both hands and rock like a happy baby.

2. Frog Pose: Squat on the floors, balancing on the floor, knees spread wide, hands on the floor or out in front of you. Look up and inhale and as you exhale, straighten your legs into a standing position.

3. Butterfly Pose: From a sitting position, bend your legs together so that the soles of your feet touch together. Place your hands at your heart. Gently flutter your legs.

4. Downward Facing Dog Pose: Starting on your hands and knees, press your hands into the ground and straighten your legs as you lift your hips into the air. Relax your head and neck.

5. Tree Pose: Standing on one leg, bend the opposite knee and place the sole of your foot on your inner ankle or thigh (never on your knee).

6. Tabletop Pose: Rest comfortably on your hands and knees, with your arms under your shoulders and your knees under your hips.

7. Child's Pose: From a kneeling position, sit back on your heels and gently drop your forehead down to rest.

8. Boat Pose: Sit down and lean back slightly. Stretch your arms out directly in front of you. Lift your legs out in front of you while keeping your belly tight. Try to keep your balance as your body maintains a v-shape position.

9. Cat Pose: Kneel on all fours, with your hands positioned under your shoulders and your knees under your hips. Round your back towards the ceiling while keeping your eyes on the floor.

10. Warrior Pose: Stand on one leg and extend your other leg behind you. Bend your upper body forward and reach both arms out in front of you.