



I SPY YOGA FRIENDS!

I Spy Yoga Friends incorporates an interactive and fun twist to the traditional I Spy Game.

MATERIALS

- Cut out Yoga Friends on the next page

HOW TO PLAY

- Print out the Yoga Friends sheet on the next page and cut out each yoga friend
- Invite your child to close their eyes and hide each items in different places around the room
- After you have hidden all the yoga friends, ask your child to open their eyes and you may begin playing I Spy.
- Choose a yoga friend and begin describing it to your child, giving them 3 clues . "I spy with my little eye, a yoga friend that is Big, Green and strong" Your child may respond "A tree!" While pointing at the picture of a tree! Then invite your child to do tree pose, on each leg, while take 3 deep breaths. Once your child is done, take down the picture of the tree, and have your child hold on to it until the end.
- After your child has got the hang of it, invite them to have a turn describing a yoga friend they see around the room.

MINDFULNESS ACTIVITIES TO INCLUDE:

At the end of the game, Place all the cut out pictures in front of your child and have them create a unique yoga flow to perform for you! Be sure to remind your child to focus on their breathing while engaging in each yoga pose, and taking time to pause between each pose!

MODIFICATIONS

YOUNGER: Create a Yoga Friends Scavenger Hunt and hide the cut out pictures around your home, each time your child finds a yoga friend picture, invite them to do the matching yoga pose.

OLDER: Invite your children to create a yoga story flow using the cut out yoga friends pictures. Encourage them to create a story line and incorporate movement and drama to recite a unique performance for you. We suggest using music to enhance your child's yoga performance!

