

: YOGI SAYS :

This is a playful movement and yoga game that develops listening skills, body awareness, balance, coordination and creativity.

Ages: 6–10

Number of Players: 2+

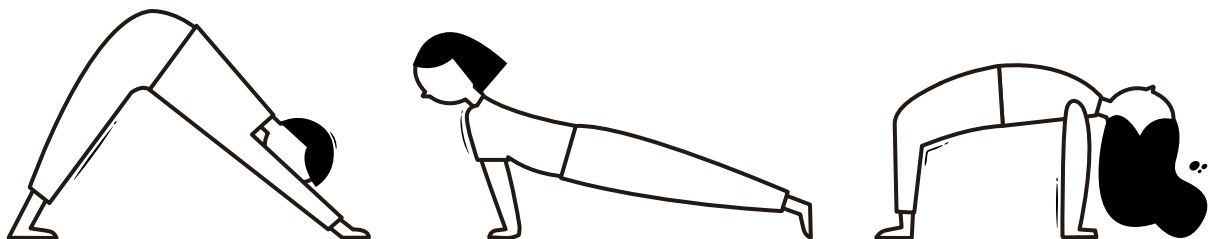
Time: 15–30 minutes

What you'll need: Open floor space

HOW TO PLAY

1. Pick one person to be Yogi. This person will be giving instructions to everyone else. They'll say, "Yogi says" and name body parts. For example, "Yogi says, two feet and two hands." Players will strike a pose with only those body parts touching the ground.
2. Players can be creative with their pose as long as only the body parts that are called by Yogi are touching the ground. It may or may not be a yoga pose.

For example, "Yogi says, two feet and two hands" could be a downward dog, plank on your hands, reverse table pose, or something else.



3. Each player gets a chance to be Yogi. Yogi gets 3 turns to call out body parts before someone else gets to go.

OPTIONS

- Add music! Yogi plays music when they call out body parts and players strike a pose before the music turns off (good for older age groups).
- Try using a yoga mat or a hoola hoop for players to pose on/in.