

14 YOGA GAMES FOR CHILDREN

Yoga games for children can be a fun and interactive way to introduce them to yoga while keeping them engaged and entertained. Here are 16 yoga games for children:

- 1. Yoga Relay Race:** Set up a relay race where each team performs a specific yoga pose before passing a baton to the next team member.
- 2. Yoga Partner Poses:** Pair up the children and have them do partner yoga poses, such as the buddy boat or partner tree pose.
- 3. Yoga Story Cards:** Create cards with different yoga poses and a short story for each pose. The children pick a card and act out the pose while listening to the story.
- 4. Yoga Relay with Props:** Set up a relay race where the children carry a prop (e.g., a yoga block or a soft toy) while doing yoga poses.
- 5. Yoga Doodle:** Give the children some paper and markers and ask them to draw their favorite yoga poses or create their own. Then, have them show their drawings and try to do the poses.
- 6. Yoga Dice:** Create a set of yoga dice with different poses on each side. Roll the dice and have the children do the pose that comes up.
- 7. Yoga Nature Hunt:** Go on a nature walk and incorporate yoga poses that mimic things you find in nature, like a tree or butterfly pose.
- 8. Yoga Nature Hunt:** Go on a nature walk and incorporate yoga poses that mimic things you find in nature, like tree pose or butterfly pose.
- 9. Yoga Simon Says:** Play a "Simon Says" game using yoga poses. For example, you can say, "Simon says, touch your toes," or "Simon says, do a tree pose."
- 10. Yoga Alphabet:** Have the children go through the alphabet and devise a yoga pose for each letter.
- 11. Yoga Animal Parade:** Pretend to be different animals and do yoga poses that represent those animals. For example, "Let's be lions and do a lion pose."
- 12. Yoga Freeze:** Put on some music and have the children do yoga poses. When the music stops, they must freeze in whatever pose.
- 13. Yoga Memory:** Create a memory game using cards with pictures of yoga poses. The children must match the pairs of poses.
- 14. Yoga Musical Mats:** Lay yoga mats in a circle and play musical mats, like musical chairs. When the music stops, the children must do a yoga pose on the mat they land on.

Keep the yoga game relaxed and playful to encourage participation and enjoyment. These activities for children can make yoga fun and engaging while promoting flexibility, balance, and mindfulness.