

# healthy bodies

Ages 2  
and up



## Yoga dice game — stretch and fun!

Introduce yoga and mindfulness to children by practicing various yoga poses independently.

It is a nice, calming activity that can be practiced indoors or outdoors.

### Learning benefit/skill development

- Promotes the concentration and mindfulness in the children as they attempt to copy the pose they see on the dice.
- Enhances children's body balance, strength, flexibility and coordination.
- Boosts the children's self-esteem when they are perfecting and improvising the poses.

### What you'll need

- Yoga cards/templates for kids
  - [Option 1](#)
  - [Option 2](#)
- Printer
- 2 Cube boxes
- Glue, scissors, etc.

### Instructions:

1. Print yoga cards or templates of kids' yoga poses (6 poses for each cube).
2. Cut the pose to fit in each face of the box and stick them. Once dried, the dice are ready to use.

3. Ask the child to roll the dice on the floor.
4. See what pose is on the top face of the dice and practice the pose together with the child.
5. Repeat the process till the child gets familiar with the different poses.

### Tips

- Encourage children to roll the dice and practice the pose independently.
- Put on some slow, calming background music of your choice to make it more of an experience.

