

Yoga Games

Obstacle Game

Group forms a circle and everyone gets into a yoga pose of their choosing. One child is “it” and makes their way around, over, under, through each obstacle (yoga pose). When the child has made it back to their place, everyone changes to a different yoga pose and the next child goes. The game continues until everyone has had a chance to be it. This could be the perfect time to talk about obstacles and how facing them makes us stronger and more creative of how to overcome or go around so that our journey is a success. Once everyone has had a turn, transition to quiet.

Modified Obstacle Game (Supplies: [Yoga Pose Cards](#))

This version of the game is for younger children who have less experience with yoga poses. 5-6 year old children who have learned many yoga poses can do the regular unmodified Obstacle Game. The teacher decides ahead of time the number of poses, basically one per student, and everyone does the same pose to reinforce familiarity with the poses. To begin, the group forms a circle and one child is “it” and chooses a pose from the yoga picture cards. The child then chooses another card to find a match. If it’s a match, everyone does the pose together and the child who is it makes their way around, over, under, through each obstacle (yoga pose). When the child has made it back to their place, the next child tries for a match. Again, if it’s a match, everyone changes to the new yoga pose, and the child that is it makes their way around, over, under, etc., the pose and returns to their seat. The game continues until everyone has had a chance to be it. This could be the perfect time to talk about obstacles and how facing them makes us stronger and more creative of how to overcome or go around so that our journey is a success. Once everyone has had a turn, transition to quiet.

Matching Game (Supplies: [Yoga Pose Cards](#))

This game is for younger children who have less experience with yoga poses. The teacher decides ahead of time the number of poses, basically one per student, and everyone does the same pose to reinforce familiarity with the poses. To begin, the group forms a circle and one child is “it” and chooses a pose from the Yoga Pose Cards. The child then chooses another card to find a match. If it’s a match, everyone does the pose together. The next child tries for a match. Again, if it’s a match, everyone changes to the new yoga pose. The game continues until everyone has had a chance to make a match or until all the cards are matched.