

Movement: Yoga Eggs

Learning Value:

This activity promotes development and learning by encouraging children to use large muscles to move and balance own body with yoga poses.

Materials Needed:

- ▶ Plastic eggs
- ▶ Small pieces of paper and writing utensil
- ▶ Yoga pose examples (attached)

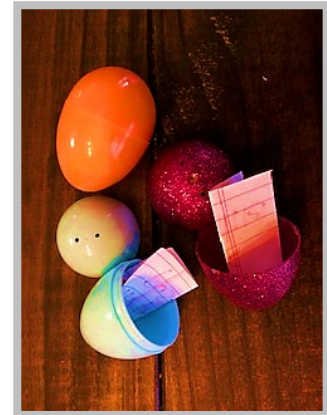
Directions:



Step 1: Gather plastic eggs



Step 2: Write out poses (See attached for poses)



Step 3: Stuff eggs



Step 4: Hide eggs



Step 5: Collect Eggs



Step 6: Hold the pose and count to 10 (See attached for poses)

Bright Horizons.

World at Home

Yoga Pose Examples:

Tree



Falling Star



Seated Leg Twist



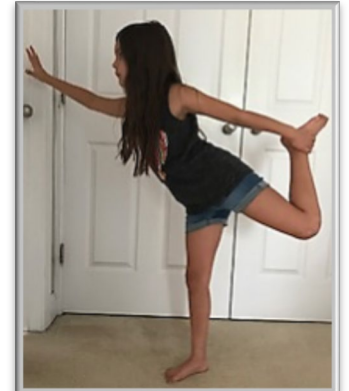
Mermaid



Cobra



Dancer



Lifted Warrior



Floating Half Moon



Quad Stretch

