

Activity Card

Movement & Balance: Yoga



Tuck your knees into your chest and squeeze yourself into a ball.



Trying different yoga poses can really help our balance.

Explore different ways to move and travel (levels of movement).

Link together sequences of movement, introducing the concept of balance.

Experience and enjoy the calming effects of Yoga.

Show an awareness of how our body changes during and after exercise.



Try a range of stretches in both a standing and seated position.



Slowing our breathing down can really help us relax.

