

Pip's Yoga Adventure

Learning objective: To understand the basics of yoga and its benefits for the body and mind.

Match the yoga poses with their correct names. Then, ask Pip what each pose does for her body and mind.

Word bank: Tree Pose · Downward-Facing Dog · Warrior Pose · Child's Pose · Mountain Pose · Seated Forward Fold

1. What is the main benefit of doing Mountain Pose? (1 mark)

2. Which yoga pose helps Pip stand strong like a tree? (1 mark)

3. What does the Downward-Facing Dog pose do for Pip's body? (1 mark)

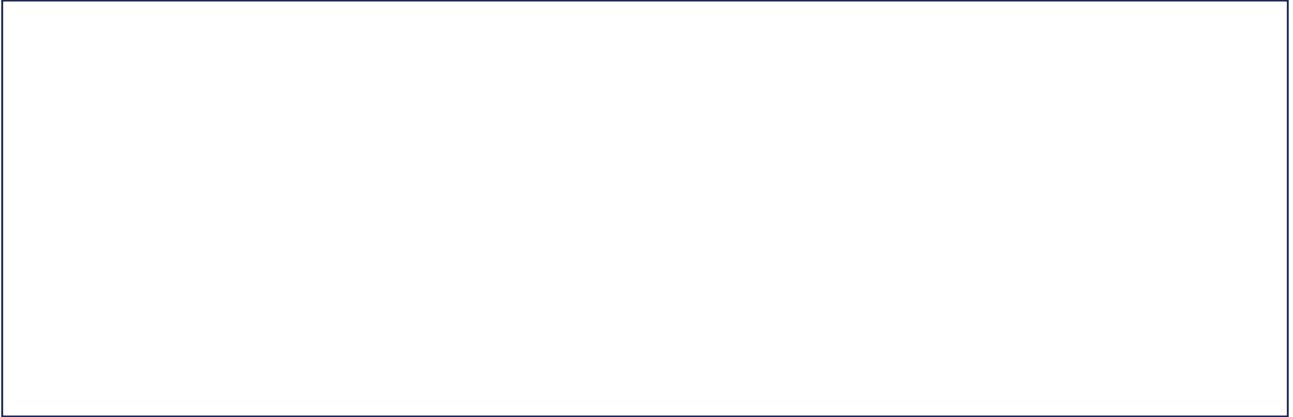
4. Why does Pip like to do Child's Pose? (1 mark)

5. What does Seated Forward Fold help Pip to do? (1 mark)

6. Which yoga pose is great for strengthening Pip's arms and legs? (1 mark)

7. What does doing yoga make Pip feel? (1 mark)

Draw: Draw Pip doing her favourite yoga pose. What is she thinking about while she is doing it?

A large, empty rectangular box with a thin black border, intended for a drawing of Pip in a yoga pose.

Extension challenge: Design a yoga routine for a friend who loves reading, just like Pip. What poses would you include and why?