

Pip's Peaceful Yoga Garden

Learning objective: Recall and describe the main benefits of yoga and create a peaceful garden scene incorporating yoga poses.

Draw a large, peaceful garden scene where Pip and her friends are practicing yoga. Include at least five different yoga poses and a few details about the garden.

Draw: Draw a large, peaceful garden scene with Pip, Max, Ellie, and Finn practicing different yoga poses. Include a treehouse, a flowerbed, and a few sunflowers. Use a variety of lines and colours to show the breeze rustling through the leaves. Draw the group's yoga mats and a few butterflies flying around the flowers.



Label words: treehouse · flowerbed · breeze · mats · sunflowers · butterflies

Steps:

1. What is yoga? (Write your answer in 3 sentences)
2. Draw Pip and Max practicing the 'tree pose' in the garden.
3. Label the flowerbed in the garden.
4. Draw a few butterflies flying around the sunflowers in the garden.
5. Write a short sentence about why Pip and her friends like to practice yoga in the garden.
6. Colour a few of the flowers in the garden bright purple.