

# 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)**

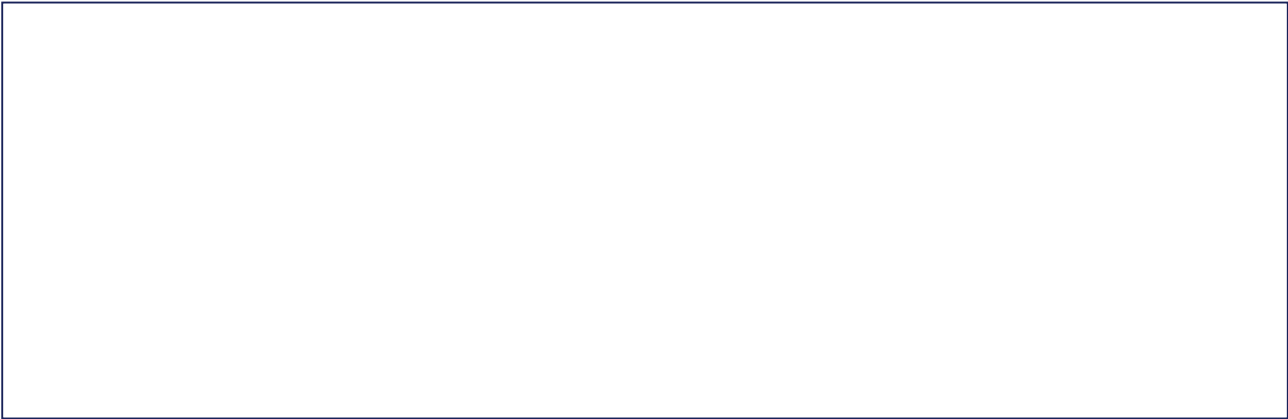
**4. Why does Pip like to do Child's Pose? (1 mark)**

**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 favorite yoga pose. What is she thinking about while she is doing it?



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