

Yoga Explorer Fact-File

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

Imagine you have just started a yoga club at school. Fill in the fact-file with what you have learned about yoga. Use the words from the word bank to help you.

Yoga is a type of exercise that helps us feel strong and flexible. It also helps us relax and focus our minds. A yoga class usually starts with some breathing exercises to calm us down. Then we move on to some stretching and balancing poses to improve our flexibility and balance. Some people even use yoga to help them fall asleep better at night.

Word bank: yoga · breathing · stretching · exercise · meditation · balance · flexibility · relaxation

1. What is yoga? (1 mark)

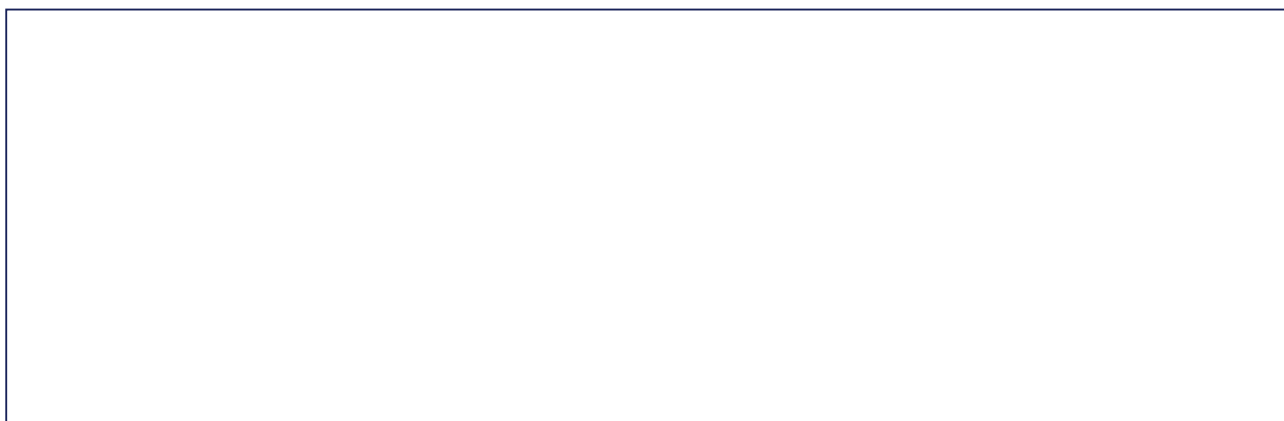
2. Why do people go to yoga class? (2 marks)

3. What are some of the things we do in a yoga class? (2 marks)

4. How does yoga help us feel? (1 mark)

5. When do people usually do yoga? (1 mark)

Draw: Draw a picture of a person doing yoga. Include some of the things we talked about in the fact-file.



Extension challenge: Write a short story about a character who starts a yoga club at school. What challenges do they face, and how do they overcome them?