

Yoga Poses with Leo the Lion

Learning objective: To learn and describe simple yoga poses that help with balance, flexibility, and relaxation.

Leo the Lion loves to practice yoga to stay strong and calm. Look at the pictures of the poses below. Match each pose name to the correct description of how to do it. Use the word bank to help you.

Word bank: Tree Pose · Mountain Pose · Cat Pose · Child's Pose · balance · stretch · calm

1. 1. This pose helps your balance. Stand on one leg and put your foot on your other leg. What is the name of this pose? (2 marks)

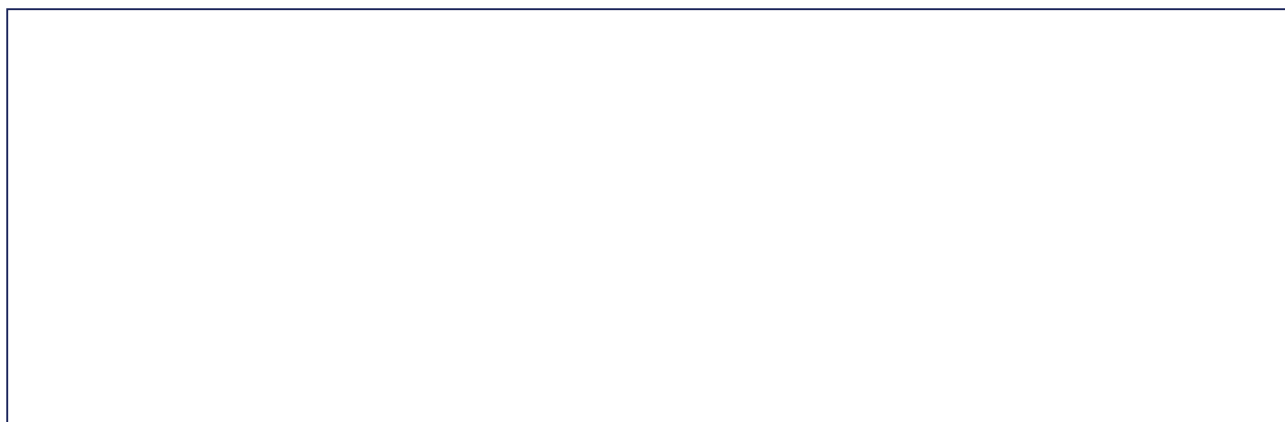
2. 2. For this pose, stand tall and straight like a mountain. Breathe in and out. This pose is called: (2 marks)

3. 3. Get on your hands and knees. Round your back up like a scared cat. This is called: (2 marks)

4. 4. Kneel down and sit back on your heels. Reach your arms forward on the floor to relax. This is called: (2 marks)

5. 5. Why does Leo practice yoga? (Hint: Use a word from the word bank). (2 marks)

Draw: Draw yourself doing your favourite yoga pose. Show yourself being very steady and calm.



Extension challenge: Try to hold the 'Tree Pose' for 10 seconds. Can you do it without wobbling? Ask a friend to count for you!