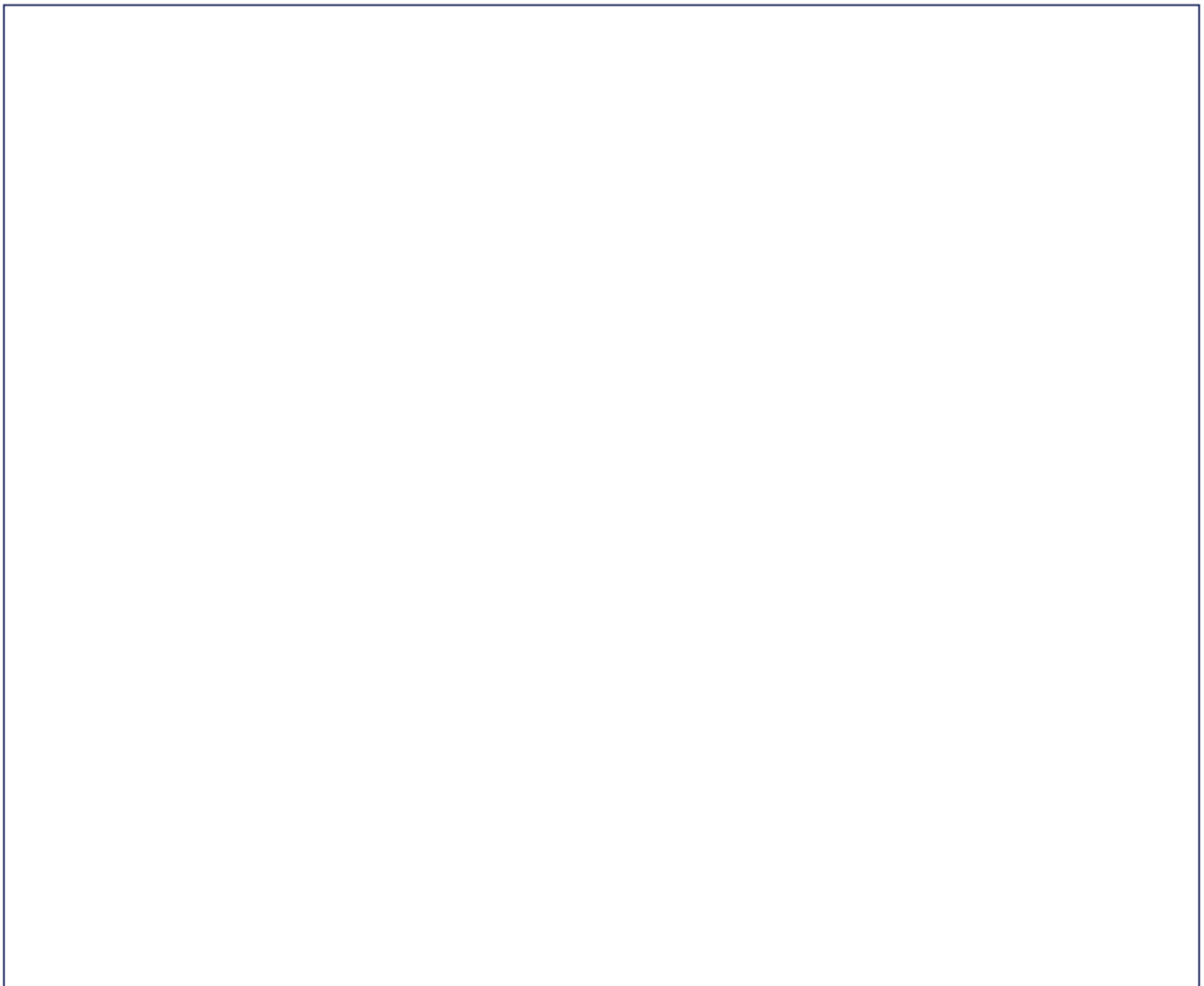


Yoga with Nova the Owl

Learning objective: To understand the importance of balance and controlled movement in physical activity.

Follow the steps below to draw Nova the owl practising yoga. Use the word bank to help you label your drawing.

Draw: Draw a large, friendly owl named Nova standing on a yoga mat in a garden. The style should be clean with bold outlines. Nova should be standing on one leg with her wings stretched out to show she is balancing. Add a bright sun in the sky and soft grass around the mat.



Label words: wing · feather · balance · calm · stretch · mat

Steps:

1. Step 1: Draw a rectangle at the bottom of your page for Nova's yoga mat. Label the mat.
2. Step 2: Draw Nova standing on one leg on the mat. Label her wing.
3. Step 3: Draw Nova looking peaceful. Write a word from the word bank that describes how Nova feels.
4. Step 4: Draw a sun in the corner. Label a feather on Nova.