

Yoga Fun with Max the Monkey

Learning objective: To understand the basic principles, safety, and benefits of yoga practice.

Hello! I am Max the Monkey. I love to stay fit by doing yoga. Read each question carefully. Use the word bank to help you spell your answers. You can do it!

Answer Key: 1. A, 2. B, 3. True, 4. False, 5. Stretch, 6. True, 7. Mat, 8. Breathing, 9. Relax, 10. Balance.

Word bank: balance · breathing · true · false · mat · relax · stretch · gentle

1. 1. What is the main goal of yoga? A) To run fast, B) To stretch and relax*, C) To play football, D) To sleep. (1 mark)

2. 2. How should you move during yoga? A) Very quickly, B) In a slow and gentle way*, C) By jumping high, D) By shaking. (1 mark)

3. 3. True or False: You should listen to your body and stop if it hurts. (1 mark)

4. 4. True or False: You must wear heavy boots to do yoga. (1 mark)

5. 5. Yoga helps your muscles to _____. (1 mark)

6. 6. True or False: Yoga can help you feel calm. (1 mark)

7. 7. What do you put on the floor to stay comfortable? (Hint: It is a soft _____.) (1 mark)

8. 8. Deep _____ helps you focus during yoga. (1 mark)

9. 9. At the end of a session, we lie still to _____. (1 mark)

10. 10. Standing on one leg helps you practice your _____. (1 mark)

Draw: Draw Max the Monkey standing on one leg in a tree pose. Make sure he is smiling!



Extension challenge: Try to hold your favourite yoga pose for 10 seconds. How does your body feel afterwards?