

My Yoga Journey with Max the Monkey

Learning objective: To identify and describe physical poses and how they make my body feel.

Today, Max the Monkey is teaching us yoga! Follow these steps to complete your yoga record: 1. Choose a pose you practised in our session. 2. Write down the name of the pose. 3. Describe how your body feels using the word bank. 4. Draw your pose in the box below.

Word bank: stretch · calm · strong · balance · breathing · relaxed · muscles · steady

1. The name of the yoga pose I practised today is: (1 mark)

2. Describe how your body feels when you are in this pose (e.g., 'My legs feel...'): (2 marks)

3. Why is breathing slowly important during our yoga session? (2 marks)

4. What was the most challenging part of this pose? (1 mark)

Draw: Draw a picture of yourself performing your favourite yoga pose. Try to show your body in the correct shape.



Extension challenge: Can you create a sequence of two yoga poses? Write their names down and explain how you move from the first pose to the second.