

Yoga Fun with Max the Monkey

Learning objective: To learn how to perform yoga poses safely and understand why yoga helps our bodies stay healthy and calm.

Read each question carefully. Use the word bank to help you write your answers. Max the Monkey loves doing yoga to stay flexible!

Word bank: Balance · Stretch · Calm · Breathing · Strength · Flexible

1. Max is doing the 'Tree Pose'. He stands on one leg. Which word describes what he needs to keep from falling over? (2 marks)

2. Yoga helps our muscles reach further. What word describes someone who can move their body easily without getting hurt? (2 marks)

3. When we do yoga, we should take slow, deep breaths. Why is this important for our mind? (2 marks)

4. Yoga makes our muscles work hard. Tick the word that describes how our muscles get better at holding our weight. (1 mark)

Draw: Draw yourself doing your favourite yoga pose. Show how you keep your back straight and your face looking relaxed.



Extension challenge: Ask a partner to show you a new yoga pose. Can you hold it for 10 seconds without wobbling?