

Max's Mindful Yoga Challenge

Learning objective: To understand the physical and mental benefits of yoga, recognise key poses, and apply knowledge of body control and breathing techniques.

Join Max the monkey as he uncovers the secrets of yoga! Read each question carefully and circle your chosen answer. Remember, in yoga, focus is just as important as movement.

Answer Key: 1.C, 2.True, 3.B, 4.False, 5.Balance, 6.A, 7.True, 8.Focus, 9.B, 10.True.

Word bank: Flexibility · Mindfulness · Breath · Balance · Posture · Strength

1. 1. Which of these is a key benefit of practicing yoga? A) Growing taller instantly B) Running faster than a cheetah C) Improving flexibility and strength* D) Learning to fly (1 mark)

2. 2. True or False: Yoga focuses on connecting your movement with your breathing. (1 mark)

3. 3. Which yoga pose involves standing on one leg to improve stability? A) Cobra B) Tree* C) Downward Dog D) Mountain (1 mark)

4. 4. True or False: You should always hold your breath tightly while performing a yoga stretch. (1 mark)

5. 5. What do we call the ability to keep your body steady while on one leg? (1 word answer) (1 mark)

6. 6. In the 'Mountain' pose, where should your feet be? A) Hip-width apart* B) Crossed like a pretzel C) Very wide apart D) Behind your head (1 mark)

7. 7. True or False: Yoga can help you feel calmer and more relaxed after a busy school day. (1 mark)

8. 8. What is the practice of being fully aware of the present moment called? (1 word answer) (1 mark)

9. 9. Which pose mimics the shape of an animal stretching its back? A) The Monkey B) The Downward Dog* C) The Elephant D) The Parrot (1 mark)

10. 10. True or False: Yoga is a non-competitive activity that encourages you to listen to your own body. (1 mark)

Draw: Draw Max the monkey demonstrating his favourite 'Tree Pose' in a peaceful forest clearing. Make sure his posture looks steady and calm!



Extension challenge: Greater Depth Challenges: 1. Explain why controlling your breath is essential during a challenging pose. 2. Compare and contrast yoga with a high-energy sport like football; what are the main differences? 3. Justify why yoga might be useful for a professional athlete. 4. What might happen if you push your body too far into a stretch instead of listening to your muscles? 5. Create your own original yoga pose and name it after a nature element (e.g., The River Flow). 6. Design a 5-minute yoga routine for a classroom setting to help your peers focus before a maths lesson.