

ROCK @ CAMDEN

Activity Name: Kids Yoga Roll

Description of Activity and Performance Objective.

Kids will be stretching out their muscles from all of the device usage from doing school at home. These simple yoga techniques are easy to follow and will stretch out your little ones tight muscles!

Identify and gather necessary equipment including quantity

1. Dice
2. Kids Yoga Roll print out
3. Yoga mat or a throw blanket

Step-by-Step instructions.

1. Print out the attached PDF of Kids Yoga Roll
2. Find Dice
3. Get out your yoga mat/throw blanket
4. Start rollin' your die! The number you land on is the yoga move you are supposed to follow! To get the most out of yoga I would recommend 15-20 minutes a day!

Tips:

- I would recommend young ones to hold a yoga pose for 10-15 seconds while taking deep breaths. Inhale and hold for 6 seconds then exhale.
- Parents get involved as well! It will make it a lot more fun for the kiddos.
- Music! Having music playing will always boost the mood and get your kids excited about doing some physical activity. Here is a fun kids yoga playlist I recommend!

<https://open.spotify.com/playlist/47ul6ACz3wRQ0cf0HMiGCu?si=adybkYjjTc63XRenw9BpRg>

KID YOGA ROLL

Roll a die. Do the matching pose. How long can you hold the pose? Who can hold it longer?

