





















I- Spy Under the Sea Yoga

Color						
Blue 						
Red 						

What you will need:

- Game board and position descriptions printed out
- 1 Dice

Directions:

1. Give your child a game card (or you can use a digital version).
2. Have your child “spy” something in the room that is red or blue
3. Roll a dice and read the number.
4. Find the yoga position that corresponds with the color and number, then use the position description to copy the sea animal’s position.
5. Repeat as many times as desired.

****Disclaimer: Some of these yoga positions may be difficult. Do not go to the point of pain. Go as far as you can and stop if it feels uncomfortable. ****

Ways to increase difficulty:

- Cover the pictures with the name/picture of the sea animals. Let your child figure out the position on their own.
- Put two yoga positions under each dice number. When the child rolls the dice, have them copy two yoga positions instead of one.

Ways to decrease difficulty:

- Model the yoga position to your child if your child has difficulty copying the pictures on the table and cards.
- Pick up 6 yoga positions, only use the dice to determine which position needs to be made.

Position descriptions:

Lobster: Start with legs shoulder width apart. Take one more step out to the side so legs are further apart. Squat down with toes and knees facing away from you. Move arms and hands like a lobster claw! Hold for 10 seconds.



Octopus: Sit on the floor and criss cross your legs. Breathe in for 10 seconds and swing your arms on your sides like an octopus!



Dolphin: Start with hands and knees on the ground in a table-top position. Push up onto hands and feet and stay in 'v' position. Optional - can move hands forward and rest forearms on the ground while holding the position for 10 seconds.



Shark: Start by laying on your stomach. Slowly lift legs and arms and head above ground. Bring arms backward facing legs. Hold for 10 seconds.



Puffer Fish: Sit on the floor and criss cross your legs. Breathe in through your nose, hold your breath for 3 seconds, and exhale (blow out like you're blowing out a candle).



Turtle: Sit on the floor with legs straight facing outward. Reach forward on the floor away from your body toward your legs. Place arms under legs for full stretch. Hold for 10 seconds.



Clown Fish: Start by sitting on the floor with legs straight out in front of you. Place arms and hands on the floor behind your body - fingers facing your toes. Lift up onto your forearms and stretch head and neck back. Hold for 10 seconds.



Starfish: Start with legs shoulder width apart. Take one more step out to the side so legs are further apart. Reach hands away from your body and toward the sky. Hold for 10 seconds.



Jellyfish: Stand upright with feet planted on the ground. Bend over to place hands on knees or on the floor. Hold for 10 seconds.



Seahorse: Start in a tall-kneeling position on the floor. Reach backward away from your body toward your toes. Reach head back and look up toward the sky. Hold for 10 seconds.



Whale: Start by laying on your stomach. Slowly lift legs and arms and head above ground. Bring arms backward and hold legs up with hands. Hold for 10 seconds.



Crab: Start by sitting on the floor with legs straight out in front of you. Place arms and hands on the floor behind your body - fingers facing your toes. Lift up so hands and feet are off the ground into a 'bridge' position. Hold for 10 seconds.

