

# SUMMER Yoga Games FOR KIDS



Go Go Yoga for Kids  
[gogoyogakids.com/summergames](http://gogoyogakids.com/summergames)

Hello!

Welcome to our Yoga Games for Kids! I am so glad that you have joined us! Each week, we will focus on different fun and engaging yoga games that will create strength physically and mentally for kids while promoting teamwork, confidence, flexibility, and physical fitness!

Kids yoga is a non-competitive activity that allows children to have fun and exist outside of the daily stresses of life. It helps children learn about themselves by being present, active, and mindful in their bodies.

New games will be released weekly and will include videos, blog posts with how to enhance and differentiate for kids with varying abilities within the games, as well as game images and lesson plans.

These yoga games are adapted from our newest bestselling book; *Go Go Yoga for Kids: Yoga Games & Activities for Children*. You can find this book on [Amazon](#) or receive it immediately through our new [Go Go Yoga for Kids E-Store!](#)

Be sure to follow us on [YouTube](#), [Instagram](#), [Facebook](#), and [Pinterest](#). Those are the places that I release new information and bonus games so you won't miss a bit!

Remember to take some pictures of your young yogis playing games! Tag [@gogoyogakids](#) with hashtag [#yogagames](#) and I will be sure to comment and share.

Let the games begin!

All my best,

Sara Weis



# Age Group Characteristics & Groupings for Games

The following guidelines will help you decide which yoga games and activities are most appropriate for the children you will be working with.

## **Early Childhood: Ages 2-5**

Children at this stage thrive on repetition and routine. This knowledge is helpful not just in their play, but in all areas of their lives. Children at this age have difficulty waiting for their turn, but they learn as it is shown and modeled.

Preschool children are just discovering all of the different ways their bodies can move around—skip, hop, gallop, shuffle, run, walk backward—making active movement games especially beneficial. Incorporating pretend and fantasy into yoga games feeds imaginations and allows for unique personalities and ideas to emerge and grow.

Keeping games short, five to seven minutes at most, and giving simple directions will keep them present and focused. They are easily distracted but they are eager to learn and will engage well with repetitive directions, movements, and play.

## **School Age: Ages 5-11**

As kids mature, they develop longer attention spans, stronger bodies, and more control over their movements. But they also need variation, as they grow bored with anything too repetitive.

Physically, kids this age can handle additional large motor movement and poses, so incorporating more complicated games and activities will challenge them and keep them engaged. Introducing themes helps them retain information and recall it. This age group enjoys cooperation and teamwork. Friendships are important. Children quickly learning interpersonal skills as they move through elementary, primary, and intermediate schools. They understand the concept of taking turns and often have a developing or well-formed understanding of teamwork.

## Late Childhood or Teens/Tweens: Ages 11-14

Into their early teen years, kids enjoy working with peers, competitive games, and trying new and advanced poses. While building on what they already know, this is a good time to include poses and challenges their parents or other adults may be doing in yoga. The control they have developed over their bodies makes them capable of a wide variety of movement. No matter the age, kids have fun playing yoga games. To emphasize this, please check out any of our Family Yoga Classes on YouTube where you can see children varying in ages from 3-adult, having fun getting fit, flexible and focused with yoga!

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Find your favorite Go Go Yoga for Kids Bestselling Books and receive them immediately!

Print your favorite Kids Yoga Lesson Plans, download your favorite Kids Yoga Games and more.



## KIDS YOGA POSE BINGO GAME



Go Go Yoga for Kids

[gogoyogakids.com](http://gogoyogakids.com)

## Get your FREE Yoga Bingo Cards!

- 6 Full Sized Colored Bingo Cards
- 20 Different Yoga Poses
- Family Fun for All Ages
- Fun Way to Learn and Practice Yoga

# Tips on Playing Yoga Games With Kids

Kids love yoga games! Games are a great way to get kids moving, build strength, follow directions, work together, and practice yoga poses in fun and engaging ways. I love how games break the ice with new groups and allow kids to get to know one another. Games lead to laughter and provide opportunities to step outside of your comfort zone while working together.

## Have Yoga Card Visuals

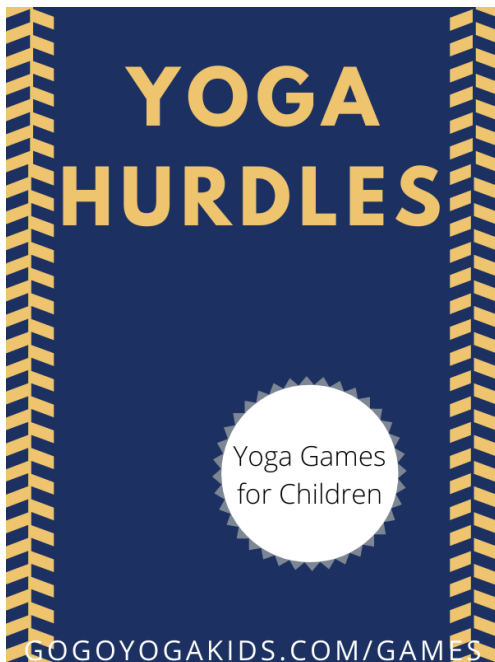
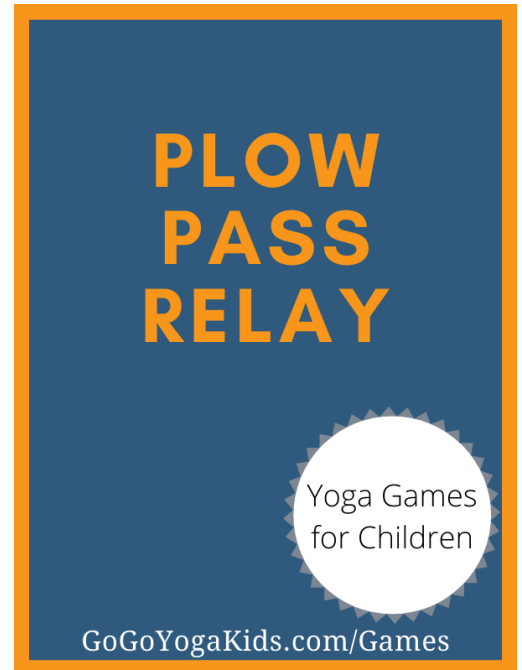
Most yoga games require few to no materials but it is so important to have pose visuals to use for games. My favorites are The Kids Yoga Challenge Pose Cards. These Yoga Flash Cards are perfect for placing at the top of yoga mats or in the middle of the circle for easy reference, around the room for a yoga obstacle course, or for use in many other games. You don't want kids to feel uncomfortable playing a game because they do not know the poses. The yoga pose cards will solve that! You can find the [Kids Yoga Challenge Pose Cards](#) on Amazon or grab a set of our digital [Kids Yoga Challenge Pose Cards](#). These pose cards also include Partner Poses which kids love!

## Let Go of the Alignment (for just a bit!)

Yes, it is true. Your job is to introduce children to yoga in kid-friendly ways. Are they going to have their left knee at a perfect 90-degree angle in Warrior 1? No. Demonstrate proper form and ensure their safety, but keep in mind that if children are moving, trying, and having fun then they are learning. Yoga, after all, is a lifelong journey. Nobody is ever perfect or "wins" yoga. That is why yoga is called a practice. A life-long practice that is!

## Keep the Game Moving

Always end the game on a high note. This means that everyone still wants to play again tomorrow. Playing a yoga game over and over is a sure fire way to suddenly have kids that "don't want to play any more" or wander around and act up. The recommended Go Go Yoga for Kids amount of time to play a game is 7-10 minutes. Leave them wanting more. I promise the game will be better received next class when you announce you are playing it.



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# ALL ABOARD THE SILLY TRAIN

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# ALPHABET YOGA

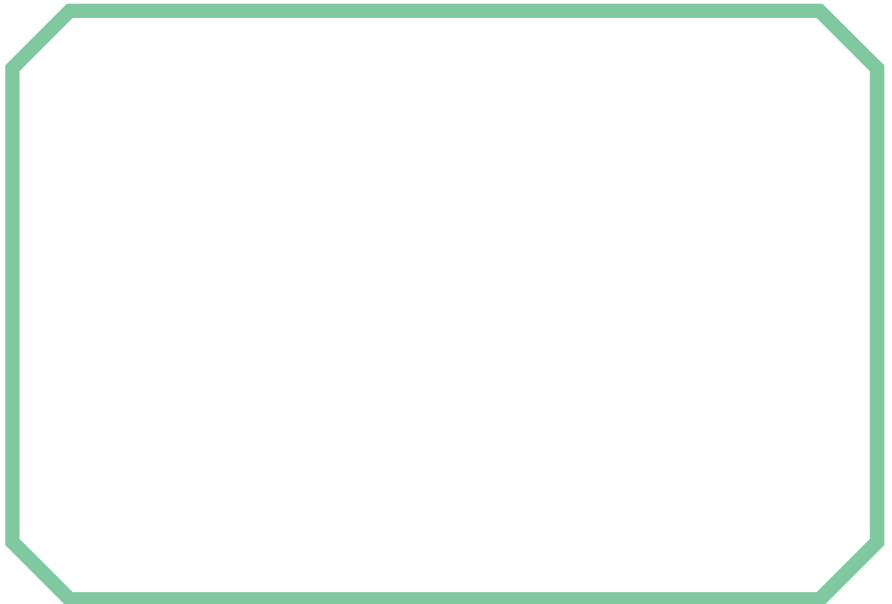
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# BE A BUBBLE

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# HOT LAVA

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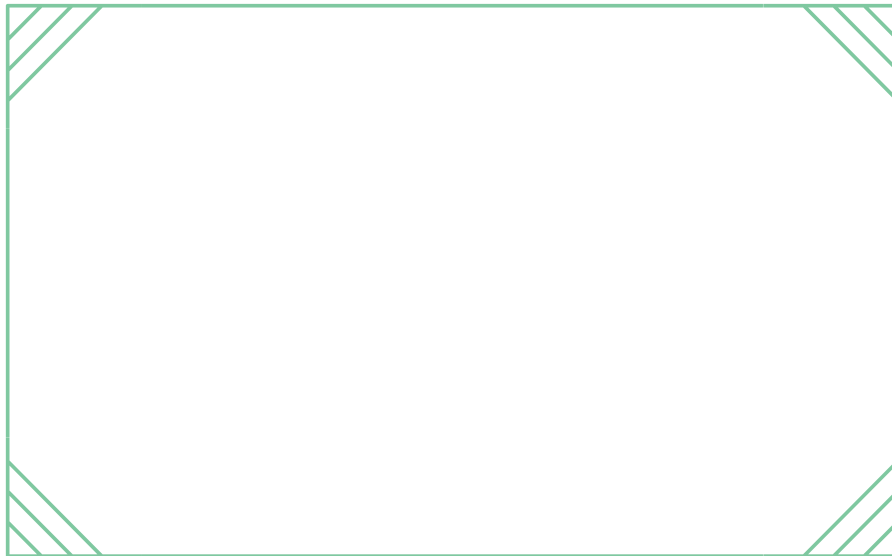
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# QUIET BALL

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# YOGA mirror

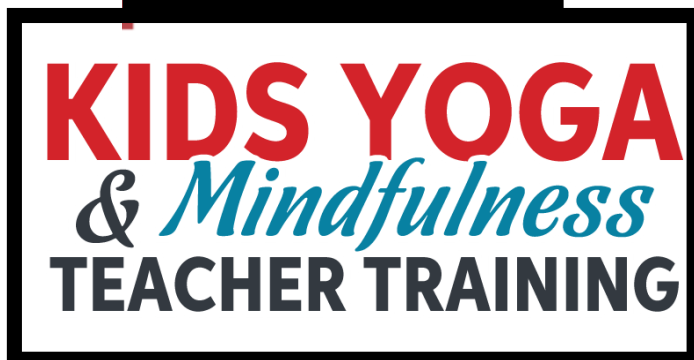
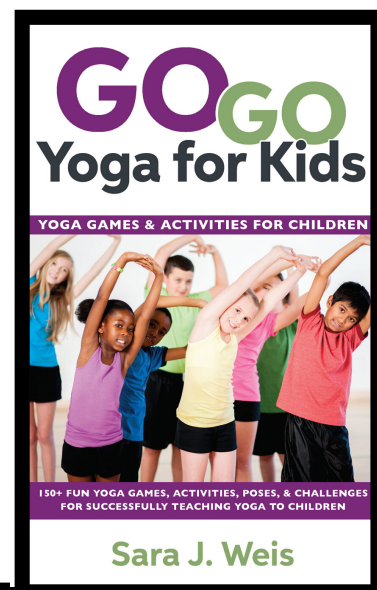
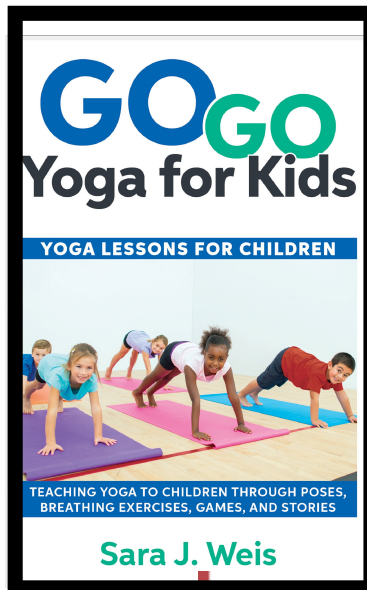
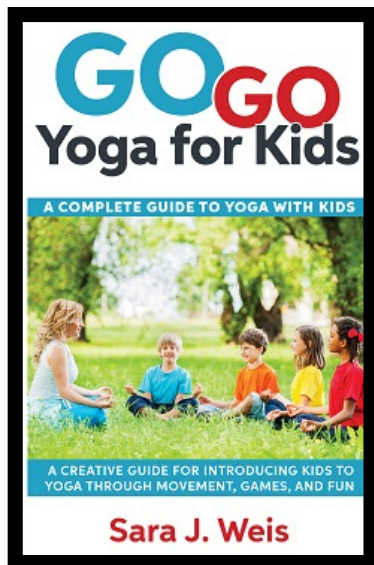
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# CLICK ON IMAGE TO LEARN MORE



Sara is the bestselling author of the *Go Go Yoga for Kids* books and the creator of the *Kids Yoga Challenge Pose Cards* and The Kids Yoga Challenge App. She has taught thousands of adults all over the world in her online courses including her master class titled the Kids Yoga & Mindfulness Teacher Training.  
Learn more at [GoGoYogaKids.com](http://GoGoYogaKids.com)