

DPA Activity Idea 2: Autumn-Themed Yoga

Age Range: Grades 3-8

Equipment Needed: Yoga Mats/Towels (optional)

The Nitty Gritty:

Arrange students in groups of 3-4

Each group must think of a yoga pose that is inspired by something in the fall season.

They can stretch in the shape of a leaf, pretend to be a tree, or even pose like a scarecrow.

Students may also choose to think of a group yoga pose that involves all members of the group or they can each do the same pose individually.

Once everyone has created a yoga pose each group will take a turn at the front of the room and describe/name (encourage students to be creative with the names) their pose and then teach the class how to do it.

This allows the students to share what they created while also getting in more stretching.

How to tie it into the curriculum: General: Leadership, Teamwork, and Creativity

