

DPA Activity Idea 5: Yoga

Ages appropriate for: Grades 3-8

Equipment needed: Yoga Poses Slideshow - http://www.huffingtonpost.com/2013/11/12/danialle-karmanos-work-it-out_n_4214627.html?slideshow=true#gallery/302356/0



The Nitty Gritty:

1. Put the slideshow on the white board
2. Copy the poses one by one with the class and hold them for as long as you can
3. Repeat

How to tie it into the curriculum:

General: Mental Health and meditation

Source: Huffington Post