

# yoga friends

## Story Time Activities





We are stronger together.  
Hand in hand,  
we spread out wide.





# yoga & community

Partner yoga gives kids a safe, structured, and incredibly fun way to communicate and collaborate. Learning through imagination and play is what they already do naturally. As partners, they work together to get the pose “just right.”

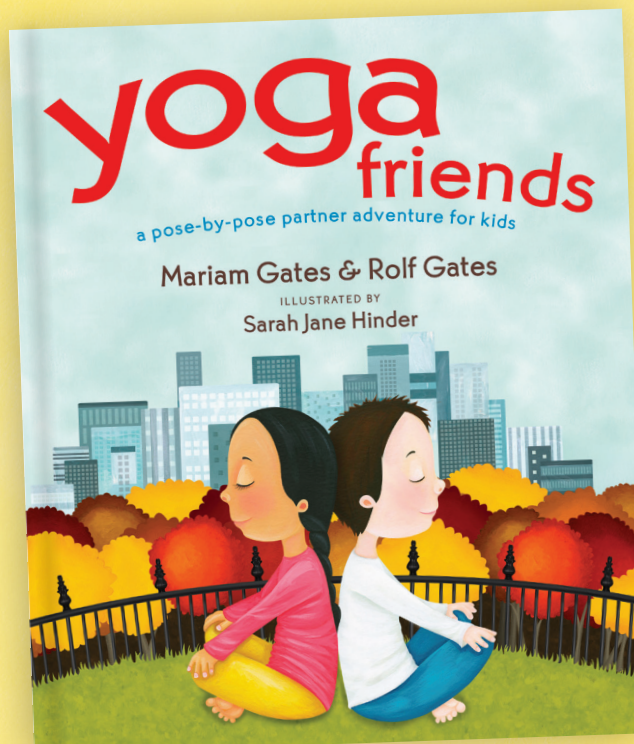
In this activity, you can explore key concepts and engage in a warm-up partner activity.

1. What do the words “yoga” and “community” mean?

- Yoga means unity. It’s a way to exercise our bodies, our breath, and our minds at the same time, which can help us feel great (and in harmony).
- Community comes from the words “common” and “unity.” It’s a way that we come together to share common interests/heritage and help one another.

2. Pair up with another person and answer these questions:

- What are two things you have in common?
- What are two things all people have in common?
- What do these body parts have in common: hands and feet; ears and nose?





# shapes & letters

When you look closely at the poses in *Yoga Friends*, you'll see that they make different shapes and letters (they can be upside down or sideways too).

1. Going page by page, identify the shapes and letters created in the poses (for example, in the poses below: diamond, triangles, the letter x, the letter w).
2. What else can we be together? Pair up to create a new letter or shape together.
3. Partners join another set of partners to create a shape or letter with four people.





# matching game

In yoga, poses match living things and objects.  
Draw a line to match the partner pose to what it is named after.





# 5 ways yoga is like reading

## 1. fun to do together

Doing yoga is a great way to explore something new together while learning to feel calm and awake mentally and physically. It goes without saying that reading together is one of the most wonderful activities you can do with children because you get to experience new worlds side by side.

## 2. develop those muscles

Yoga and reading are different kinds of exercises, but both are strengthening and lead to a healthier you. Yoga is an obvious physical workout, creating increased flexibility and a stronger body. Reading develops your mental muscle and, just like any other part of the body, it requires regular activity to keep it working at its best.

## 3. relaxation in action

Everyone knows that yoga is a great way to slow down and de-stress. The wonderful thing about reading is that no matter what else is happening in your daily life, losing yourself in a great story is a wonderful way to find some inner tranquility and often much-needed perspective.

## 4. imagination central

You can feel what it is like in your body to be like an owl or octopus, or become a sailboat skimming across the waves. Yoga poses, like reading, allow you to take your imagination on an incredible ride.

## 5. shhh . . . both are done quietly

What is happening inside is what matters most. And with each activity, the quieter you are, the easier it is to do. With partner yoga, you might need to talk as you work together to figure out each pose, but once you get it, sit quietly in that pose (and in each other's company) to feel the benefits. Remember to take a deep breath in and a deep breath out with each pose.