

# Activity Card

## ***Movement & Balance: Yoga***



**Tuck your knees into your chest and squeeze yourself into a ball.**



**Try a range of stretches in both a standing and seated position.**



**Trying different yoga poses can really help our balance.**

Explore different ways to move and travel (levels of movement).

**Link together sequences of movement, introducing the concept of balance.**

Experience and enjoy the calming effects of Yoga.

**Show an awareness of how our body changes during and after exercise.**



**Slowing our breathing down can really help us relax.**

