

yoga alphabet

PRACTICE THE DRAMA SKILLS OF BODY AWARENESS AND FOCUS WITH ALPHABET YOGA!

How-to:

- Wear comfortable, stretchy clothes and find an open space.
- Print a copy of the yoga alphabet poster, or have it up on a screen.
- Go through the yoga alphabet, holding each pose for 10-15 seconds.
- Make your own yoga alphabet by inventing your own poses based on your favorite things, worksheet attached below (break this up over a few days).

Tips:

- Play [fun music](#) in the background while you stretch!
- Remember, it's good to feel a stretch, but you should never hurt. If there is a pose that doesn't work for you, skip it!
- **Repeat the yoga alphabet daily** as a brain booster before studying, as a brain break in the middle of the day, or for relaxation at the end of the day!



THE STANDARDS

UT DRAMA K/1/2/3.T.P 4:

USE THE BODY TO COMMUNICATE MEANING THROUGH SPACE, SHAPE, ENERGY, GESTURE.

UT DRAMA K/1.T.CO.2

IDENTIFY CONNECTIONS TO OTHER CONTENT AREAS IN DRAMATIC PLAY OR GUIDED DRAMA EXPERIENCES.



the ABCs of YOGA for Kids



A Airplane



B Butterfly



C Cobra



D Dog



E Easy Pose



F Frog



G Grasshopper



H Happy Baby



I Inhale



J Jack-in-the-Box



K Kite



L Lion



M Mouse



N New Pose



O Otter



P Peacock



Q Queen



R Rag Doll



S Swan



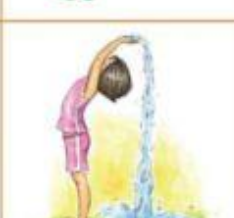
T Triangle



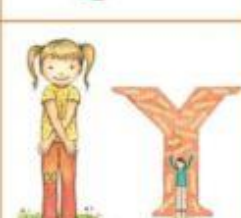
U Unicorn



V Volcano



W Waterfall



X **Y**



Z Zero

MY OWN YOGA ALPHABET!

A _____ B _____ C _____ D _____ E _____

F _____ G _____ H _____ I _____ J _____

K _____ L _____ M _____ N _____ O _____

P _____ Q _____ R _____ S _____ T _____

U _____ V _____ W _____ X _____ Y _____ Z _____