

# SUMMER Yoga Games FOR KIDS



Go Go Yoga for Kids  
[gogoyogakids.com/summergames](http://gogoyogakids.com/summergames)

Hello!

Welcome to Go Go Yoga Games for Kids! These engaging yoga games will create strength physically and mentally while promoting teamwork, confidence, flexibility, and physical fitness!

Each game includes a short description with a link to videos and blog posts with ideas on how to differentiate for kids with varying abilities within the games.

These yoga games are adapted from our bestselling book; *Go Go Yoga for Kids: Yoga Games & Activities for Children*. You can find this book on [Amazon](#) or receive it immediately through our [Go Go Yoga for Kids E-Store!](#)

Follow us on [YouTube](#), [Instagram](#), [Facebook](#), and [Pinterest](#) for new information and bonus games that you won't want to miss.

Remember to take some pictures of your young yogis playing games! Tag [@gogoyogakids](#) and I will be sure to comment and share.

Let the games begin!

All my best,

Sara Weis



[GoGoYogaKids.com](#)

# Age Group Characteristics for Games

The following guidelines will help you decide which yoga games and activities are most appropriate for the children you will be working with.

## **Early Childhood: Ages 2-5**

Children at this stage thrive on repetition and routine. This knowledge is helpful not just in play, but in all areas of their lives. Children at this age can have difficulty waiting for their turn, but they learn as it is shown and modeled.

Preschool children are beginning to discover all the different ways their bodies can move around—skip, hop, gallop, shuffle, run, walk backward—which makes active movement games especially beneficial. Incorporating pretend and fantasy into yoga games feeds imaginations and allows for unique personalities and ideas to emerge and grow.

Keeping games short, five to seven minutes at most, and giving simple directions will keep them present and focused. They are easily distracted but they are eager to learn and will engage well with repetitive directions, movements, and play.

## **School Age: Ages 5-11**

As kids mature, they develop longer attention spans, stronger bodies, and more control over their movements. But they also need variation, as they grow bored with anything too repetitive.

Physically, kids this age can handle additional large motor movements and poses. Incorporating more complicated games and activities will challenge and keep them engaged. Introducing themes helps them retain information and recall poses.

This age group enjoys cooperation and teamwork. Friendships are important. Children quickly learn interpersonal skills as they move through elementary, primary, and intermediate schools. They understand the concept of taking turns and often have a developing or well-formed understanding of teamwork.

## Late Childhood or Teens/Tweens: Ages 11-14

Into their early teen years, kids enjoy working with peers, being competitive, and trying new and advanced poses. While building on what they already know, this is a good time to include poses and challenges their parents or other adults may be doing in yoga. The control they have developed over their bodies makes them capable of a wide variety of movements. No matter the age, kids have fun playing yoga games. To emphasize this, please check out any of our Family Yoga Classes on YouTube where you can see children varying in ages from 3-adult, having fun getting fit, flexible and focused with yoga!

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## KIDS YOGA POSE BINGO GAME



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## Get your Yoga Bingo Cards!

- 10 Full Sized Colored Bingo Cards
- 1 Caller Card
- 20 Different Yoga Poses
- Family Fun for All Ages
- Fun Way to Learn and Practice Yoga with Kids

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# Tips on Playing Yoga Games With Kids

Kids love yoga games! Games are a great way to get kids moving, build strength, follow directions, work together, and practice yoga poses in fun and engaging ways. I love how games break the ice with new groups and allow kids to get to know one another. Games lead to laughter and provide opportunities to step outside of your comfort zone while working together.

## Have Yoga Card Visuals

Most yoga games require few to no materials but it is so important to have pose visuals to use for games. My favorites are [The Kids Yoga Challenge Pose Cards](#). These cards are perfect for placing at the top of yoga mats or in the middle of the circle for easy reference. I also place around the room for a yoga obstacle course. You do not want kids to feel uncomfortable playing a game because they do not know the poses. [The Kids Yoga Challenge Pose Cards](#) on Amazon or grab a set of our digital [Kids Yoga Challenge Pose Cards](#). These pose cards also include Partner Poses which kids love!



## Let Go of the Alignment (for just a bit!)

Yes, it is true. Your job is to introduce children to yoga in kid-friendly ways. Are they going to have their left knee at a perfect 90-degree angle in Warrior 1? No. Demonstrate proper form and ensure their safety, but keep in mind that if children are moving, trying, and having fun then they are learning. Yoga, after all, is a lifelong journey. Nobody is ever perfect or “wins” yoga. That is why yoga is called a practice. A life-long practice that is!

## Keep the Game Moving

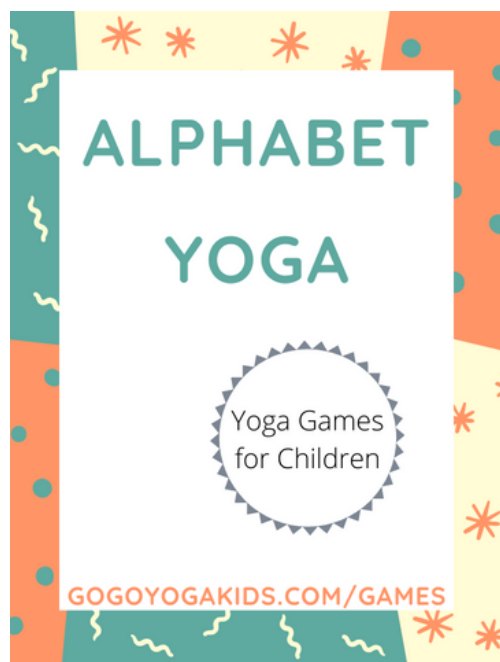
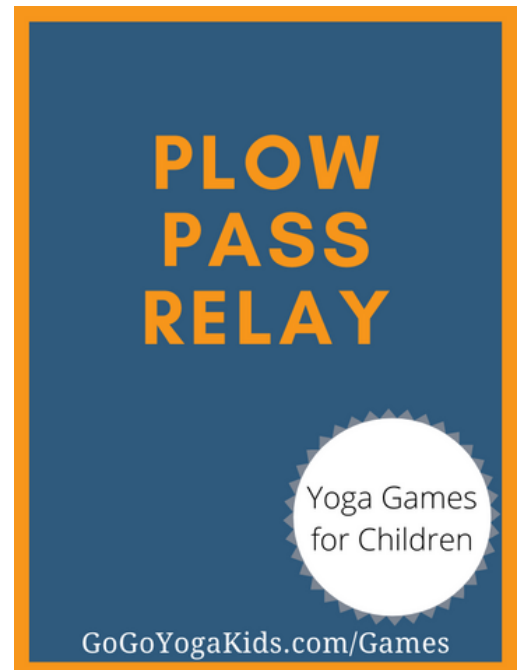
Always end the game on a high note. This means that everyone still wants to play again tomorrow. Playing a yoga game over and over is a sure fire way to suddenly have kids that “don’t want to play any more” or wander around and act up. The recommended *Go Go Yoga for Kids* amount of time to play a game is 7-10 minutes. Leave them wanting more. I promise the game will be better received next class when you announce you are playing it.



Shhhhh.....don't wake up the Princess in this favorite game. Princess Tiptoe is a game that I regularly rotate in for my younger kids yoga classes (ages 3-6).

We play this game right before our Stillness and Savasana and it's the perfect game for winding down and bringing a calming sense and energy to the group. [Learn More](#)

Plow Pass Relay is a favorite yoga game for children! This game involves moving your arms and legs, but it is also about firing up your core and using those deep muscles that wrap around your sides and spine. Core strength is important in all that we do and this is true for children as well. Your core stabilizes your body which helps with balance and mobility which is especially important as we age. [Learn More](#)



Alphabet Yoga is a great mental and physical game. It's a wonderful way to practice different yoga poses and it really gets kids thinking creatively.

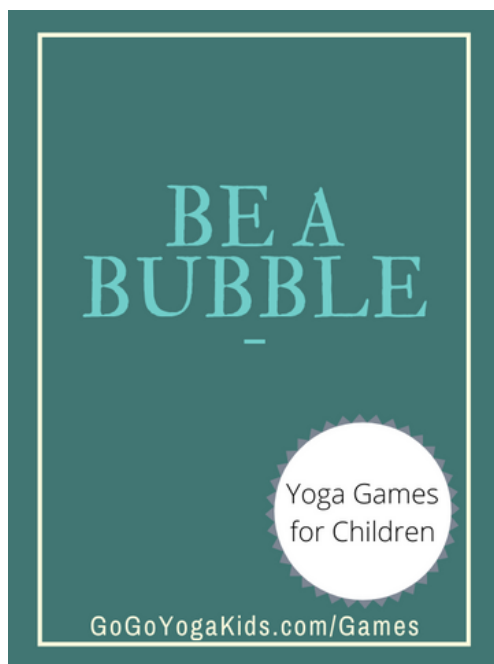
Kids don't need to have lots of experience with yoga poses to be able to play this game. It's one that they can use their creativity and use their imagination. [Learn More](#)



All Aboard the Silly Train! Kids love the chance to move their bodies, practice yoga and be a bit silly! Kids love this game!

- Select a pose from the [Kids Yoga Challenge Pose Cards](#). This will be your Go-To Pose for the Game.
- Have the students line up behind the leader in one straight line.
- The leader shows the selected yoga pose and ever everyone practices it.
- When the leader is ready to start, they will lead the train around the room.
- The passengers or people following will dance gor move as silly as they can, while staying in line
- When the leader turns around, everyone must instantly go into the selected pose. Take turns by changing train leaders.

[Learn More](#)



Be a Bubble is a mindfulness game that is great to play with younger yoga students ages 2-5. It teaches them body awareness and respecting one another's personal space.

This game is a lot of fun because kids get to pretend, they get to move their bodies in good and healthy ways, plus you get to incorporate bubbles which is always a good time! [Learn More](#)

# HOT LAVA

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The Hot Lava Yoga Game is similar to that, but played with yoga mats. It one of the most popular yoga game for the kids! They love to play Hot Lava and cannot get enough.

This is a wonderful game to get bodies moving, hearts pumping and smiles on faces while they practice the yoga poses that they just learned. [Learn More](#)

Quiet Ball is a perfect mindfulness game to help bring the energy level down when working with a group of kids.

It is also a great game for building mindfulness and teamwork as everyone must work together. [Learn More](#)

# QUIET BALL

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# YOGA mirror

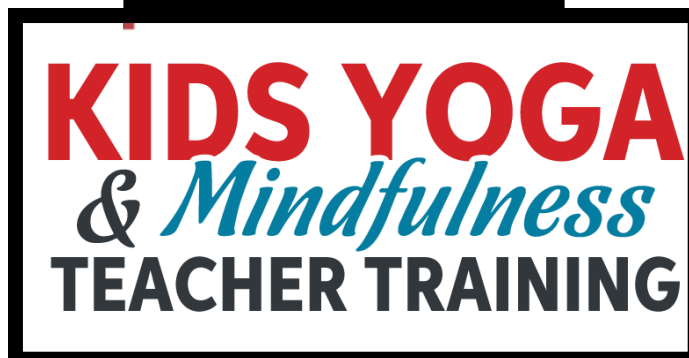
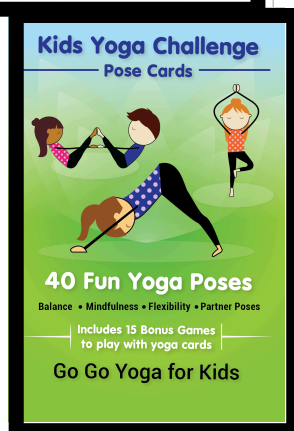
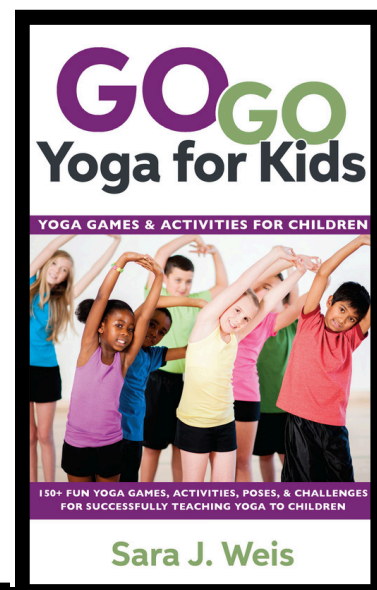
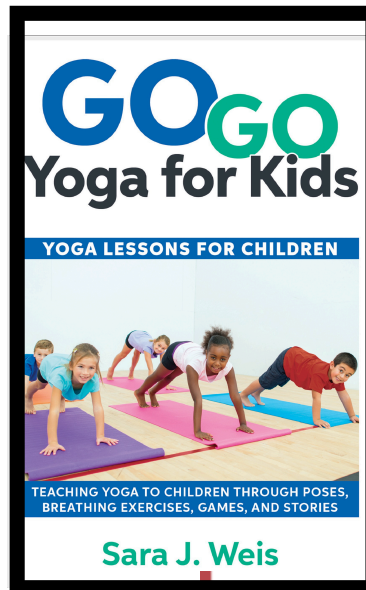
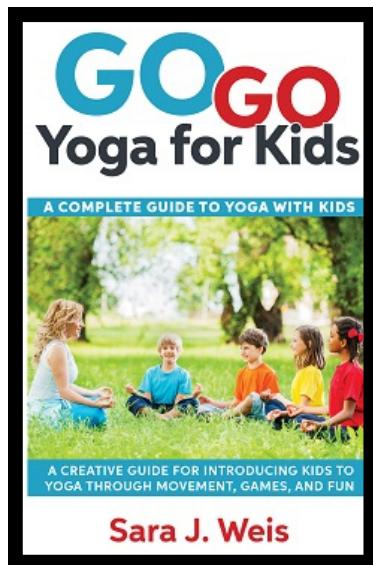
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Yoga Mirror is a wonderful game to practice slowing down, practice mindfulness and working together. I know that kids learn best by doing as opposed to us telling them about how to do it. With Yoga Mirror, one child gets to be the leader and their partner needs to follow their movements. This is empowering and fun for kids! [Learn More](#)



# CLICK ON IMAGE TO LEARN MORE



Sara is the bestselling author of the *Go Go Yoga for Kids* books and the creator of the *Kids Yoga Challenge Pose Cards* and The Kids Yoga Challenge App. She has taught thousands of adults all over the world in her online **Kids Yoga & Mindfulness Teacher Training.**

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