

Yoga Master



EQUIPMENT NEEDED: None

INTRODUCTION:

Decide how you want students standing: either straight line or semi-circle around you so that you can see everyone. Practice the call and response of "I am the yoga master" with participants responding "You are the yoga master." Demonstrate the three moves: Tree, Mountain, and Chair pose.

OBJECTIVE: Students do NOT do same move as adult.

HOW TO PLAY:

- Have students stand about one foot apart in straight line or semi-circle
- Adult always begins new rounds by saying "I am the yoga master!" and students respond, "You are the yoga master!".
- Adult then counts 1...2...3! On the "three," students pick one of the 3 predetermined movements to show.
- The adult also picks any one of the 3 motions to show.
- If the students do the same motion as the adult, they are out.

VARIATIONS/MODIFICATIONS:

- Students do 5 push-ups, star jumps, etc. instead of being out.
- Use a different theme:
 - "I am the zoo keeper" using three animal motions
 - Elf, giant, wizard
 - The giant stands up very tall with hands raised over the head
 - The wizard stands with one foot in front of the other, arms extended toward the front with the fingers wiggling
 - The elves squat down and move from side to side with their arms waving about
- Modify for classroom use using small motions and no call and response.