

# KIDS' YOGA DAY ACTIVITIES

... for bigger kids



Visit **KIDSYOGADAY.COM**  
to sign up for International Kids' Yoga Day

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*It is completely free, and no yoga experience is required! All of the resources and tools you need are provided. Join the fun.*

WE'D LOVE TO SEE WHAT YOU CREATE! POST YOUR COMPLETED MASTERPIECES ON SOCIAL MEDIA AND TAG @KIDSYOGADAY

People from 45 countries have participated in Kids' Yoga Day. On the following 6 pages, enjoy some mindful mandala coloring with maps of some of these countries.

# ITALY



# UNITED STATES OF AMERICA

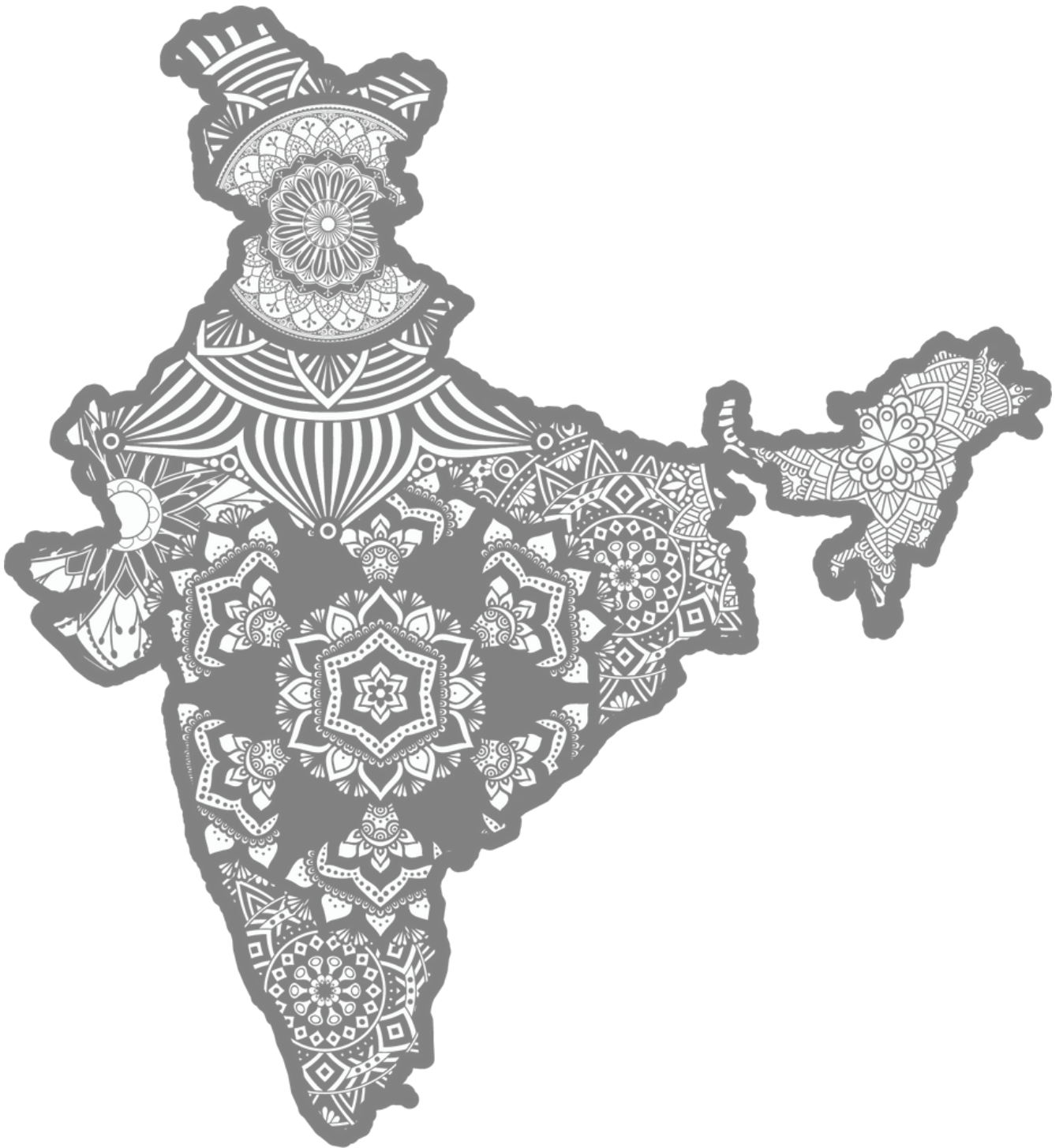




# AUSTRALIA



# INDIA

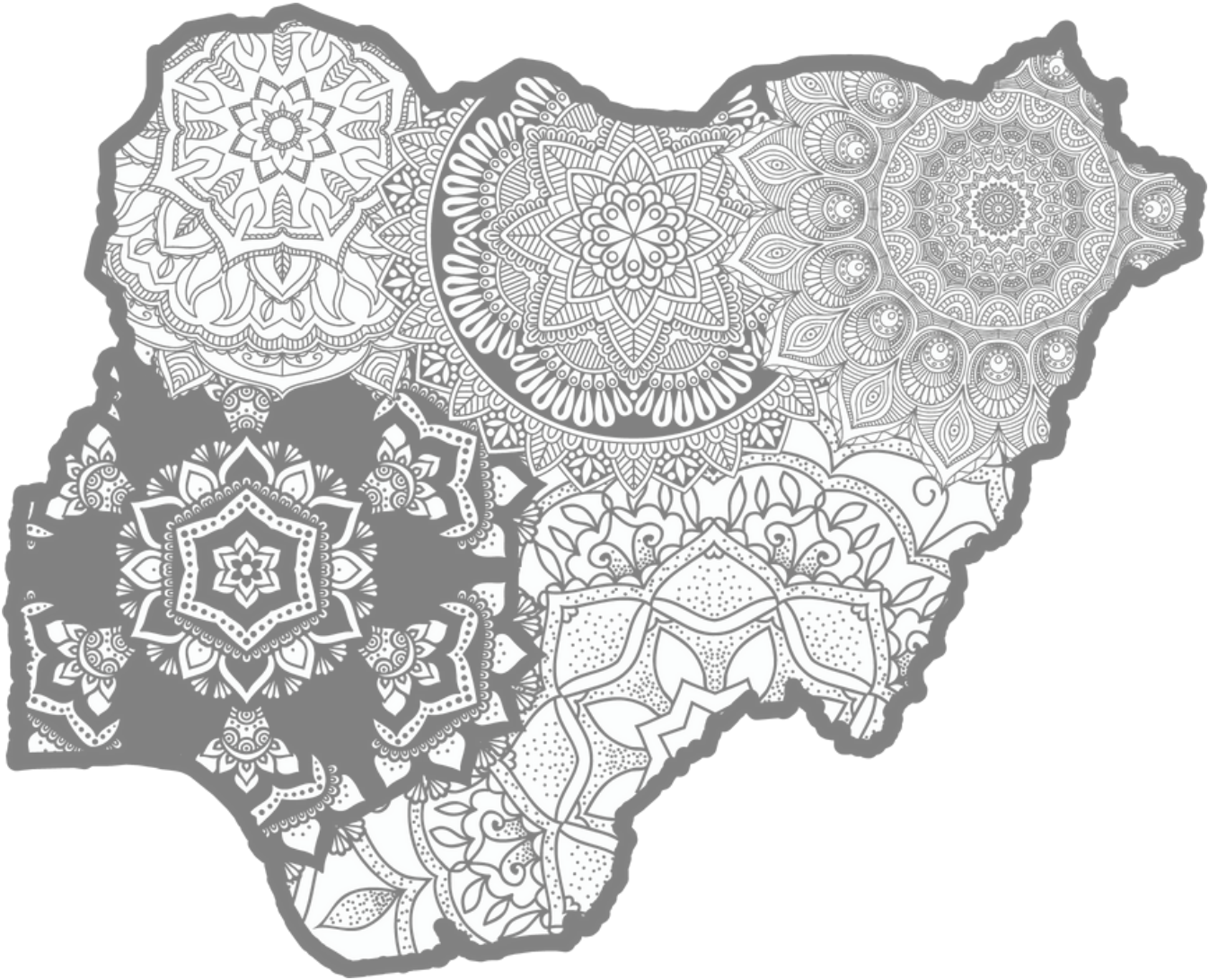


# BRAZIL





# NIGERIA



On the following 3 pages, enjoy some affirmational coloring



Reflect on times you have been kind:





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YAY

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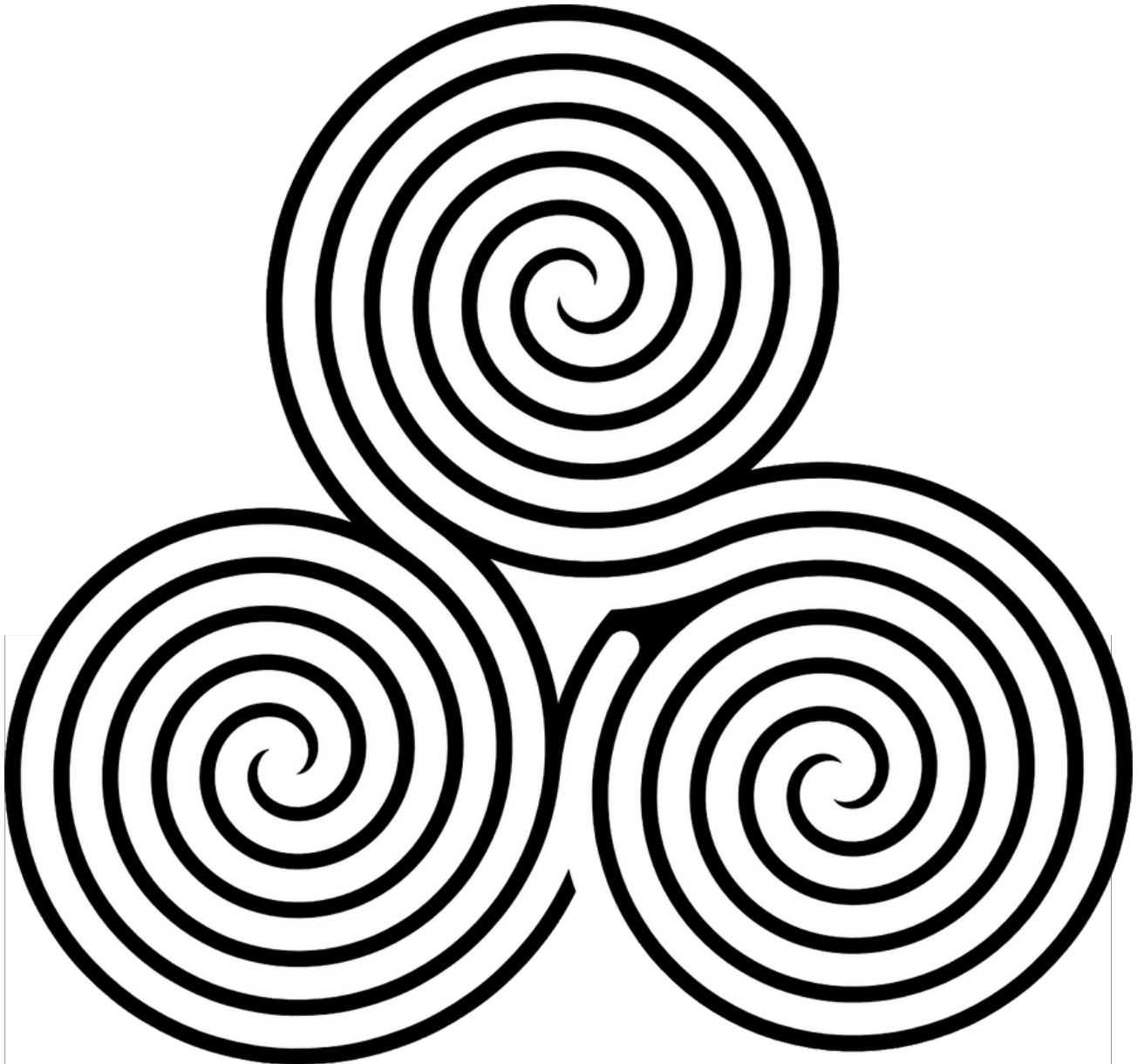
What kind of things make you happy and say "Yay"? Doodle or write them down.



What dreams do you have for the future? Doodle or write them down.

A large, empty rectangular box provided for doodling or writing down dreams.

MINDFUL  
FINGER  
TRACING



Trace the above image with your  
finger several times



# MATCHING

Can you match the yoga terms with their definitions?

(Answers are on the following page)

- |     |                      |   |
|-----|----------------------|---|
| 1.  | Asana                | a. Energy or life force                     |
| 2.  | Santosha             | b. Focused gaze                             |
| 3.  | Trikonasana          | c. Greeting used in Indian culture and yoga |
| 4.  | Adho Mukha Svanasana | d. Triangle pose                            |
| 5.  | Sanskrit             | e. Downward dog pose                        |
| 6.  | Namaste              | f. Contentment                              |
| 7.  | Vrksasana            | g. Pose                                     |
| 8.  | Prana                | h. Tree pose                                |
| 9.  | Utkatasana           | i. Chair pose                               |
| 10. | Drishti              | j. A language of South East Asia            |

# WORD SEARCH

V R E D D F C H I L D S P O S E N G O S C C I  
A T Q U Y W T W G T E E Q R P P E D U U A Q D  
L S R F O E Q U T M R S Z C E G S W W N L M Q  
Y U X I Z C O B R A Z R L H V W O A H S M D B  
Z P Q G A O C L T Y V E F A I A P R R A W K R  
G D X O B N J O P N S S H I C U N R U L O G E  
N O E D T X G X C O W O G R D D I I E U B Y A  
O G G D D N R L H O M P W X B K A O U T P Y T  
R U X R M P W W E F C E K B E S T R X A N I H  
T H S A S U C O F X A E S T L Q N T J T P C E  
S O P W P V R H Z Q Q R G M Z A U F S I P V U  
E C V N S A F T V D A T S C I F O I F O B O U  
B X F W V H C A T C O W I N F B M C R N F Y D  
I Z O O E L V E B A V O S O S I T H R K L P J  
C J S D P L A N K F B R L X K X C X C C I Z W  
W U Z S Y E S O P L E E H W T V K S V O R U W

Find the following words in the puzzle.

Words are hidden     and .

BE STRONG  
BREATHE  
CALM  
CAT COW  
CHAIR  
CHILDS POSE

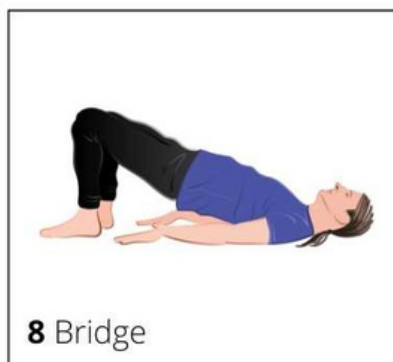
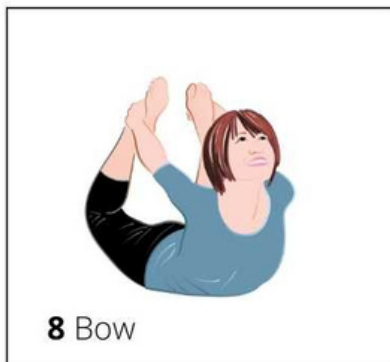
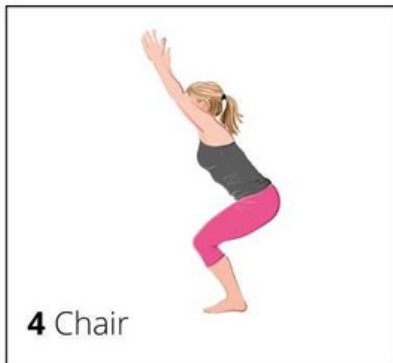
COBRA  
DOWNWARD DOG  
FOCUS  
MOUNTAIN POSE  
PLANK  
SUN SALUTATION

TREE POSE  
TRIANGLE  
UP DOG  
WARRIOR  
WHEEL POSE

1-G 2-F 3-D 4-E 5-J 6-C 7-H 8-A 9-I 10-B

# KIDS' YOGA DAY

## 5-MINUTE-A-DAY YOGA ROUTINE FOR PRE-TEENS AND TEENAGERS



This routine is by Teresa Power, acclaimed yoga expert, best-selling author of the ABCs of Yoga for Kids and Little Mouse Adventures series, and founder of Kids' Yoga Day. To sign up for this year's Kids' Yoga Day, visit [kidsyogaday.com](http://kidsyogaday.com). For instructions on how to do each pose, visit [kidsyogaday.com/poses](http://kidsyogaday.com/poses). As always, before beginning any type of exercise program, it's a good idea to consult with a doctor.