

# Quarantine Homeschool Yoga Ideas



## 40 WAYS TO INTEGRATE YOGA INTO YOUR HOMESCHOOL PLANS:

1. Pick a positive affirmation card each morning
2. Have a dance party and do the yogi shake
3. Color mandalas
4. Practice partner poses
5. Print a 5-pose poster and practice together
6. Play a yoga pose game with foam dice
7. Try breathing together in Back-to-Back Easy Pose
8. Go outside and listen to nature sounds
9. Draw a yoga pose challenge with sidewalk chalk
10. Write a thank-you card
11. Stop, listen to sounds far away, then close to you
12. Watch a bubbler or snow globe
13. Draw a board game and add yoga pose challenges
14. Listen to or read bedtime meditations at night
15. Come to Boat Pose and then pass a ball with your feet
16. Play games with yoga cards and dice
17. Act out books with yoga storytime read-alongs
18. Take a pause and take three deep breaths
19. Talk about what you're grateful for
20. Play yoga-pose bingo
21. Take photos of yourselves in poses and make a book
22. Play Yogi Says or other easy yoga games
23. Practice a sun salutation before you start homeschool
24. Read children's books on kindness, happiness, or acceptance
25. Play a yoga pose challenge with difficult poses
26. Video call a friend and practice yoga together
27. Go on pretend journeys to different countries through yoga
28. Study the yoga principles of the yamas and niyamas
29. Make musical instruments and create your own yoga song
30. Create yoga art projects
31. Practice Take 5 Breath
32. Try mindful eating with your lunch
33. Invent a new pose by combining poses together
34. Practice the ABCs through yoga poses
35. Choose an environmental issue and take action
36. Create kindness rocks
37. Build a yoga obstacle course
38. Create a morning meditation ritual
39. Color yoga pose coloring pages
40. Organize groceries for someone in need