



ASSOCIATION **SOUTENIR**  
QUÉBÉCOISE DE LA **REPRÉSENTER**  
GARDE SCOLAIRE **MOBILISER**

# Camping Yoga\*

Start the day off right with a camping yoga session.



Picture: <http://www.kidsyogastories.com/wordpress/wp-content/uploads/2016/11/camping-yoga-for-kids-600.png>

## Educational Intentions (Suggestions):

Learn to perform different yoga postures.

## Age Group:

Multiage

## Required Materials:

- Towel, sheet or Yoga mat

## Expertise

### Pedagogical skills for the student:

- Develop psychomotricity

### Professional competencies put forward by this activity:

- Planning and organizing of activities for children
- Activities focussing on psychomotor development



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\* Inspired by an activity found in the *Guide d'activités* of the Semaine québécoise du camping et and the website : <http://www.kidsyogastories.com/camping-yoga/>

# Camping Yoga

## Approach

1. Show example of postures to students
2. Have the students do a posture for 30 seconds to one minute at a time.



Tree Posture



Bird Posture



Canoe Posture



Moon Posture



Fish Posture



Tent Posture



Compass Posture



Flower Posture



Rock Posture



Insect Posture



Bear Posture



Star Posture



Campfire Posture



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