

# Yogi Says

Adapted from Simons Says, this game is a fun choice for even the youngest players, and it is flexible enough to fill shorter or longer breaks.

**What you need:** yoga pose cards (optional)

## HOW TO PLAY:

1. One child is picked to be the “yogi.”
2. The yogi calls out various yoga poses for the players to then follow along. For example, “Yogi says, ‘Practice Tree Pose’” or “Yogi says, ‘Practice Warrior 1 Pose.’”
3. At some point, the yogi will not start the instruction with “Yogi says, ‘Practice...’” and will simply say “Practice...” Any player who follows that instruction is eliminated from the game by sitting down or stepping to the side.
4. The game continues until all the players are out of the game.
5. Then another yogi is chosen and play continues.

## VARIATIONS:

- Choose not to actually eliminate any players, but just continue the game.
- The yogi could pick a pose from a yoga pose card deck to make it easier to choose the pose.
- Give the yogi a selection of yoga pose cards to choose from if there are specific poses that they were intending to focus on (ex. balancing, core, standing, thematic).



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