



LOVE, PEACE AND ROCK N'ROLL

More play. More together.

50 Kids Yoga Games

Move. Imagine. Connect.



A practical field guide to growing joyful moments of movement, imagination and belonging - one child, one family and one circle at a time.

50 GAMES / 10 PLAYFUL WORLDS / 3 READY-TO-USE CLASS JOURNEYS

A little play can open a whole world.

You do not need a perfect class. Start with a warm welcome, an idea worth exploring and room for the children to surprise you.

THE HEART OF RAINBOW YOGA

Yoga can happen in a circle, in a story, in a shared laugh and in the pause when someone feels heard. We move, breathe, imagine and rest together. The children help create the experience; their ideas change what happens next.

START WHERE THE CHILDREN ARE

Notice who has arrived today: their energy, interests, bodies, ways of communicating and relationships. Choose a game that meets them there. An energetic group may need purposeful movement before rest. A new group may need a simple shared success before partner play.

MAKE CONNECTION VISIBLE

Learn names. Leave a place in the circle. Invite someone's idea and use it. Offer a partner choice, ask before touch and welcome a change of mind. Children can share an experience through space, voice, rhythm and imagination as well as through contact.

LET THE GAME TEACH YOU

Try a simple round, notice what happens and build gradually. Repeat what brings the group alive. Make a challenge smaller when needed. Children do not need to be still, flexible or confident to belong here.

“What could happen next?”

It is a useful teaching question - and an invitation to co-create.

With love, play and a little Rainbow magic,
The Rainbow Yoga family

How to bring a game to life

One page per game. Read it once, rehearse the movements and leave room to respond to the children in front of you.

1 / WELCOME AND SHOW

Arrange the space so everyone has a place. Explain the small shared goal, then demonstrate the simplest version. Agree a gentle pause signal before movement begins.

2 / PLAY THE FIRST ROUND

Let everybody experience the game before adding complexity. Keep the yoga movement clear and comfortable. Give children enough time to arrive in a shape and leave it safely.

3 / BUILD ONLY WHEN IT HELPS

The second round adds one useful change. The third gives children more authorship. These are invitations, not levels to complete. Repeat, simplify or stop while the group is still enjoying itself.

4 / MAKE CHOICES PART OF THE GAME

Offer seated, standing, small-movement and storytelling roles as real ways to participate. A child can watch first, join later or pass. Ask before partner contact and respect the answer each time.

5 / GIVE BREATHING A PURPOSE

Breath can float a bubble, power a quiet hum or make room to listen. Keep it easy. No breath holding, forceful blowing or contests. Stop and return to normal breathing if it becomes uncomfortable.

6 / CLOSE THE LOOP

Finish with a small shared ending: a wave, a resting shape or “What shall we try next time?” Notice what the children contributed and use that knowledge in your next class.

Ages and timings are starting points. Adapt to the actual group. Use clear floors, suitable props and your teaching judgement. These games are practical activity ideas; they do not replace training, individual support or medical advice.

Choose a playful world

Start with the group's energy and your purpose. In a PDF reader, tap a game title to jump straight to its page.

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Choose a playful world

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Make the shape fit the child

These cues help you begin. Comfort, steady support and easy breathing matter more than how a pose looks.

MOUNTAIN

Stand with feet comfortably apart and knees soft. Let your body grow tall without becoming rigid. Seated version: feel the support under you and lengthen gently through the spine.

STAR

Open arms and legs to a comfortable width, keeping both feet grounded. Hands can stay low. Seated version: open the arms, hands or fingers into your own star.

TREE

Begin with a kickstand: one heel at the other ankle, toes on the floor. Use a wall if helpful. If lifting the foot, place it below or above the knee, never against it. Try both sides.

CAT

On hands and knees, gently round the back, then return towards a comfortable long spine. Avoid forcing the neck or deepening the curve. Standing or seated: hands on thighs, make a small back movement.

BUTTERFLY

Sit with soles together only as close as comfortable. Support the knees if wanted. Let hands rest; do not press knees down. Seated alternative: make butterfly wings with arms or fingers.

SEED AND REST

Choose a small seated shape, lie on a comfortable side or rest in a chair. A Seed does not need to be a deep forward fold. Keep breathing space and change position whenever needed.

BIRD

Keep feet grounded and open the arms like wings. A low balance can leave a toe on the floor. Seated birds can fly through shoulders, hands or fingertips. All flights stay self-supported.

Try it yourself before teaching. Demonstrate an easy version, invite choices and keep watching. If something hurts, strains or unsettles a child, change it or leave it out.

GAME 01 / ENERGY AND FOCUS

1, 2, 3 Yoga Tree

01

A forest that moves, balances and begins again.

AGES 4+ | ABOUT 5 MIN | PROPS: NONE

SET THE SCENE

Make a forest clearing with a start line and plenty of room. Practise Mountain: stand comfortably tall. Then try Tree with one heel resting against the opposite ankle and toes staying on the ground.

- 1 One caller faces away and says, 'One, two, three, yoga tree!' Everyone takes small woodland steps. When the caller turns, grow into a Tree. Stay for one easy breath, then release.
- 2 Let the caller add weather: branches sway in a breeze or reach towards sunshine. Put both feet down whenever needed. A wobble means 'new roots', and you rejoin immediately.
- 3 A child becomes the forest storyteller. Choose a creature to travel as, a tree shape and a welcoming sound. The forest succeeds when everybody reaches the clearing together.

MAKE ROOM FOR EVERYONE

Make a seated tree with grounded feet and branching arms. A child can lead the weather with a gesture, picture or word.

TEACH WITH CARE

Walk; leave reaching space. Place a lifted foot below or above the knee, never against it. No one is sent back or eliminated.

Breath in the game Let one comfortable breath be the pause between travelling and growing.

AN IDEA THE CHILDREN ADDED

GAME 02 / ENERGY AND FOCUS

Freeze Yoga DJ

02

The music pauses. The whole room becomes yoga.

AGES 3+ | ABOUT 4 MIN | PROPS: MUSIC

SET THE SCENE

Choose a song at a comfortable volume and three shapes together: tall Mountain, wide Star and a small seated Seed. Demonstrate slow, easy transitions before the dance begins.

- 1 Dance inside your own moving bubble. When the music stops, the DJ calls one of the three shapes. Make it, notice a breath and soften before the next dance.
- 2 Invite children to choose how to travel: tiny robot steps, floating clouds or slow-motion jelly. The freeze must still become a clear yoga shape; it is not a race to get down.
- 3 Give the DJ job to a child. Another child chooses two poses to connect during the silence. The group follows, then swaps leaders so more ideas enter the dance.

MAKE ROOM FOR EVERYONE

Dance with hands, shoulders or the whole body. Use a visible stop card alongside the music. A quiet round can use hand signals throughout.

TEACH WITH CARE

Keep floor space available for every child. Avoid sudden drops, slippery socks and loud surprise stops. There is no 'out'.

Breath in the game The DJ waits for one unhurried breath before restarting the song.

AN IDEA THE CHILDREN ADDED

GAME 03 / ENERGY AND FOCUS

Wobbly Tree Challenge

03

A tree's most useful skill? Finding its roots again.

AGES 5+ | ABOUT 5 MIN | PROPS: NONE

SET THE SCENE

Gather in a spacious circle. Make a kickstand Tree: one heel at the other ankle, toes touching the floor. Open arms like branches. Have a wall or chair within reach for anyone who wants it.

- 1 Grow together for one easy breath, then shake out. Try the other side. Each child chooses how much weight to lift; keeping both feet planted is a strong tree too.
- 2 A weather reporter points to a gentle breeze. Move just the branches towards it. Return to the centre before trying a new direction. When balance changes, lower the foot and say, 'New roots!'
- 3 Children invent a forest problem: a bird needs a branch, or sunshine moves across the sky. Solve it with one small change, then rest. Let a new reporter guide the next round.

MAKE ROOM FOR EVERYONE

Explore the same changing branches seated, or keep fingertips on a wall. A child may be the weather reporter while resting.

TEACH WITH CARE

Keep eyes open and avoid pushing or pulling anyone's tree. Challenge comes from a thoughtful change, not a longer hold or a higher foot.

Breath in the game Release the pose if breathing becomes strained. Easy breathing tells us there is room to play.

AN IDEA THE CHILDREN ADDED

GAME 04 / ENERGY AND FOCUS

Animal Crossing

04

Cross the imaginary landscape one animal at a time.

AGES 4+ | ABOUT 6 MIN | PROPS: OPTIONAL POSE PICTURES

SET THE SCENE

Create three imaginary habitats around the room: forest, riverbank and meadow. Show Cat on hands and knees, a low Frog squat or seated frog feet, and a standing Bird with open arms.

- 1 Call a habitat. Children travel towards it at walking speed, then make its animal shape. In the forest, gently round and lengthen the Cat's back; at the meadow, let the Bird open and fold its wings.
- 2 Invite a child to change the weather or add a bridge. Everyone chooses a way through: smaller steps, a lower shape or a still lookout. Repeat the familiar animals so the yoga stays in the journey.
- 3 Small groups invent a new habitat and one comfortable animal pose. Visit each other's worlds. End by returning all the animals to a shared resting place.

MAKE ROOM FOR EVERYONE

Bring each habitat to a seated explorer using arm movements, foot taps and story sounds. Keep the explorer's choices central to the route.

TEACH WITH CARE

Avoid races and crowded crossings. Offer standing Cat with hands on thighs if wrists or knees prefer less loading.

Breath in the game Each animal takes one ordinary breath to 'smell the air' before travelling again.

AN IDEA THE CHILDREN ADDED

GAME 05 / ENERGY AND FOCUS

Yoga Traffic Lights

05

A friendly traffic system for moving and pausing together.

AGES 3+ | ABOUT 5 MIN | PROPS: OPTIONAL COLOUR OR SYMBOL CARDS

SET THE SCENE

Agree three signals: green means walk, yellow means move slowly, red means make Mountain. Add matching hand shapes or colour cards so the game works without shouted instructions.

- 1 Practise the signals slowly. On red, plant feet and grow tall without locking the knees. Notice one easy breath before green returns. Everybody starts and stops within their own space.
- 2 Children choose a new red-light pose: wide Star, seated Seed or kickstand Tree. Keep it for one round so the group can learn the change. Yellow becomes the careful transition into it.
- 3 A child becomes the traffic guide and another designs the route: a park, a moon road or a rainbow crossing. Swap jobs. Help the whole group arrive, with no tickets or penalties.

MAKE ROOM FOR EVERYONE

Travel seated with feet or hands; green can mean moving arms and yellow a smaller motion. Use symbols as well as colours.

TEACH WITH CARE

Keep green at walking speed. Leave clear routes and room to lower to the floor. A missed signal is simply another chance to practise.

Breath in the game Red is a breathing space, never an instruction to hold the breath.

AN IDEA THE CHILDREN ADDED

GAME 06 / BREATH AND CALM

Balloon Belly

06

Give a tiny passenger a gentle belly ride.

AGES 3+ | ABOUT 3 MIN | PROPS: OPTIONAL LIGHT SOFT TOY

SET THE SCENE

Lie comfortably with knees bent, or sit with support. Place a light soft toy on the belly if wanted; a hand or imagination works too. Let everyone settle into their own ordinary breathing.

- 1 Watch or feel what moves as air comes in and goes out. The toy may rise a little and lower a little. Nothing needs to be made bigger. Take two or three comfortable breaths, then look around.
- 2 Give the passenger a name and a destination. Let it ride one breath, rest for a moment, then ride again. Children can describe the journey with a word, a sound or a small hand wave.
- 3 Ask a child to guide a final gentle trip: 'Our passenger is floating home.' Put the toy beside you and notice whether the belly still moves. Finish with a stretch chosen by the group.

MAKE ROOM FOR EVERYONE

Watch a toy on the teacher's belly, or trace a small wave with one finger. Sitting and eyes-open versions are equally welcome.

TEACH WITH CARE

Use a light, suitable toy, never weight on the chest. Stop the breath activity if anyone feels uncomfortable or dizzy and return to ordinary breathing.

Breath in the game This is noticing the breath we already have, not filling the biggest possible balloon.

AN IDEA THE CHILDREN ADDED

GAME 07 / BREATH AND CALM

Bumblebee Orchestra

07

A hive made from many different, comfortable hums.

AGES 4+ | ABOUT 4 MIN | PROPS: NONE

SET THE SCENE

Sit or stand in a circle. Try one soft ‘mmm’ on an easy out-breath, with lips gently together and shoulders loose. Listen to its ending, then allow the next breath to arrive naturally.

- 1 Hum once together, each stopping when comfortable. Rest in ordinary breathing before another turn. Notice where the vibration can be felt: lips, cheeks or perhaps nowhere in particular.
- 2 A child conductor opens their hands to invite a hum and closes them to invite quiet. Try a soft high hum and a soft low hum. Keep the volume gentle; the conductor never makes a breath last longer.
- 3 Make a travelling hive. One side begins, then the other joins on their own next out-breath. End with everyone stretching bee wings into Star, then folding arms into a resting hug of their own choosing.

MAKE ROOM FOR EVERYONE

Join with a silent, gentle out-breath and moving fingers. Children can watch the conductor or rest away from the sound.

TEACH WITH CARE

Avoid long breath holds, forceful buzzing and pressing ears shut. Keep pauses between rounds. Nobody needs to match another child’s pitch or breath length.

Breath in the game The hum rides the out-breath; it stops before the breath feels used up.

AN IDEA THE CHILDREN ADDED

GAME 08 / BREATH AND CALM

Pinwheel Power

08

Can a gentle breeze move more than a big gust?

AGES 4+ | ABOUT 4 MIN | PROPS: PINWHEEL OR PAPER STRIP

SET THE SCENE

Give each child a clean pinwheel, or hold a paper strip well away from the mouth. Sit or stand tall with relaxed shoulders. Practise letting one small, comfortable out-breath travel towards it.

- 1 Try one soft breeze, then return to ordinary breathing. Watch what moves. Adjust the distance a little and try again. Treat every result as useful information, not a score.
- 2 Stand in Mountain or sit tall. Try the same gentle breeze with arms relaxed, then with arms making a wide sunshine shape. Notice which position makes breathing feel easiest.
- 3 Children become wind scientists. Each suggests one change to test: direction, distance or the angle of the pinwheel. Partners report what they noticed and finish by waving an imaginary breeze around the circle.

MAKE ROOM FOR EVERYONE

Move the pinwheel with a hand-made breeze or watch a partner's experiment. A paper strip can be easier to notice than a fast-spinning wheel.

TEACH WITH CARE

Use separate mouth-adjacent props. Never suck on the strip or blow repeatedly without rests. Keep loose items away from very young children.

Breath in the game One easy blow, then several ordinary breaths. Gentle curiosity is the game.

AN IDEA THE CHILDREN ADDED

GAME 09 / BREATH AND CALM

Back-to-Back Ocean

09

Two people, two breathing rhythms, one quiet ocean.

AGES 5+ | ABOUT 5 MIN | PROPS: NONE

SET THE SCENE

Invite pairs to sit comfortably. Ask, 'Back-to-back, side-by-side or with space?' Light back contact is optional and can change at any time. Each person supports their own weight.

- 1 Rest hands on your own belly or thighs. Notice your own breath for a few moments. If backs touch, you may feel a little movement; there is no need to make the breaths match.
- 2 On an easy in-breath, let your own arms float like a small wave. On the out-breath, lower them. Partners can watch each other side-by-side or enjoy moving at different speeds.
- 3 Each person chooses an ocean detail: a quiet beach, a sleeping turtle or a moonlit wave. Share it with a word or gesture. Make one last wave, then turn and offer a thank-you in your chosen way.

MAKE ROOM FOR EVERYONE

Practise from chairs or from two separate resting spots. A child can describe the sea while their partner moves.

TEACH WITH CARE

No leaning, pushing, pulling or lifting. Ask again before renewing contact. Keep breathing natural and let anyone return to their own space immediately.

Breath in the game The connection comes from noticing together, not synchronising or controlling each other's breathing.

AN IDEA THE CHILDREN ADDED

GAME 10 / BREATH AND CALM

Bubble Breath

10

Send a wish on an imaginary bubble.

AGES 3+ | ABOUT 3 MIN | PROPS: NONE

SET THE SCENE

Sit or stand in a circle with enough space to open your arms. Cup hands around an imaginary bubble. Show one small, soft out-breath and let the hands drift apart as it floats away.

- 1 Make a bubble together. Give it one gentle breath, then watch its journey with your eyes or a pointing finger. Let it land anywhere in the story. Pause in ordinary breathing before the next bubble.
- 2 Choose a yoga landing place: a tall Mountain, a Tree branch or a wide Star. Become that shape while your bubble settles. Soften and release after one comfortable breath.
- 3 Children decide what travels inside: a colour, a joke, a kind wish or nothing at all. Pass the storytelling around the circle. Finish by catching a bubble in your own hands and resting them on your lap.

MAKE ROOM FOR EVERYONE

Send the bubble with a hand wave instead of a breath. Make a tiny bubble with one finger or a giant imaginary one with both arms.

TEACH WITH CARE

Use imagination to avoid slippery bubble liquid and shared blowing tools. A bubble that 'pops' becomes part of the story, never a mistake.

Breath in the game Keep the out-breath soft and brief. There is no prize for sending a bubble farthest.

AN IDEA THE CHILDREN ADDED

GAME 11 / STORIES AND IMAGINATION

Magic Carpet Map

11

The children draw the map. Yoga takes you there.

AGES 4+ | ABOUT 8 MIN | PROPS: NONE

SET THE SCENE

Gather around an imaginary carpet. Choose three destinations together and a familiar shape for each: Mountain, Tree and a seated Butterfly with soles touching comfortably. Leave space to travel around the carpet.

- 1 Sit tall and lift the carpet with a gentle arm sweep. Travel with small steps to the first destination. Make its pose, take one easy breath and look for an imaginary detail before returning.
- 2 Visit all three places in a short sequence. Add a shared challenge: cross a windy hill or help a lost butterfly. Solve it with slow, grounded movement and ideas from the children.
- 3 A child becomes map keeper, deciding the order and one surprise stop. Another child guides the return home. Repeat the route so the group can move with growing familiarity, then let the carpet land.

MAKE ROOM FOR EVERYONE

Fly from a chair or one floor spot while destinations arrive through gestures and sounds. Map keeping can use pictures instead of words.

TEACH WITH CARE

The carpet is imaginary; never pull children on mats or blankets. Keep travel routes clear and all lifts imaginary.

Breath in the game Raise the carpet's 'sails' on an easy in-breath; lower the arms on the out-breath.

AN IDEA THE CHILDREN ADDED

GAME 12 / STORIES AND IMAGINATION

Night At The Yoga Museum

12

After closing time, the yoga statues tell their stories.

AGES 5+ | ABOUT 8 MIN | PROPS: NONE

SET THE SCENE

Choose three exhibits: a Mountain, a Tree and a seated Butterfly. Practise each comfortably. One child or adult is the curator; everyone else has their own exhibit space.

- 1 While the curator looks at the doorway, statues slowly move between familiar poses. When the curator turns back, settle into a shape for one ordinary breath. Wobbles and adjustments are allowed.
- 2 The curator visits a statue and asks, 'What is your story?' The child may answer with a word, sound or movement. The whole museum tries a comfortable version of that pose before moving on.
- 3 Children work in pairs to design two connected exhibits: a tree and bird, or mountain and cloud. Show the change between them. Rotate the curator so every voice can help shape the museum.

MAKE ROOM FOR EVERYONE

Create exhibits seated, standing or with just the hands. A child may narrate a partner's story with their agreement.

TEACH WITH CARE

The curator is a curious guide, not a judge. No catching, startling or holding still beyond comfort. Keep transitions slow.

Breath in the game Living statues breathe. Let the group see that a pose can be steady and still move a little.

AN IDEA THE CHILDREN ADDED

GAME 13 / STORIES AND IMAGINATION

Yoga Detective Clues

13

Follow three clues into a pose, then into a story.

AGES 6+ | ABOUT 8 MIN | PROPS: OPTIONAL POSE PICTURES

SET THE SCENE

In a circle, show a small set of known poses. Agree that everyone explores together rather than shouting to win. The detective gives clues about shape, movement and an imaginary home.

- 1 Offer three clues for Tree: 'I have roots. I reach up. Birds may visit me.' Children grow into a comfortable Tree as the clues unfold. Lower the foot and change sides before continuing.
- 2 Let partners create clues for Mountain, Cat or Butterfly. One offers the clues while the other demonstrates a version. Everyone joins once the mystery becomes clear.
- 3 Connect three solved poses into a mystery trail. What happened between the forest and the mountain? Children add one sentence each, then repeat the short sequence with their shared story.

MAKE ROOM FOR EVERYONE

Give clues with pictures, gestures or objects. A seated detective can lead the whole group through the same story.

TEACH WITH CARE

Use familiar, comfortable shapes. Do not require children to copy a body exactly or reward the fastest answer. Keep the thinking cooperative.

Breath in the game Leave one easy breath of thinking time between clues so movement can stay unhurried.

AN IDEA THE CHILDREN ADDED

GAME 14 / STORIES AND IMAGINATION

Child-Created Story Flow

14

One sentence, one pose: an adventure everyone helps write.

AGES 5+ | ABOUT 10 MIN | PROPS: NONE

SET THE SCENE

Sit in a circle and choose a story seed: 'We found a tiny door.' Show two or three poses children know. Agree that each contribution can be a word, gesture, sound or short sentence.

- 1 Begin with one story sentence and its pose. A child adds the next event and a comfortable shape. After three contributions, retell and move through all three together.
- 2 Ask what the characters need: a friend, a bridge or somewhere to rest. Invite a child's solution and add one new movement. Repeat the sequence before adding more so the story stays playable.
- 3 Let the group choose an ending and a narrator. Move through the adventure once more, with pauses to hear each other. Finish in the story's resting place and thank its many authors.

MAKE ROOM FOR EVERYONE

Offer two picture choices to children who want a starting point. A child can lead sound effects, narrate or demonstrate from a chair.

TEACH WITH CARE

Keep the story short enough to repeat. Guide invented movements into comfortable, grounded versions and help children share airtime without forcing a turn.

Breath in the game Let a breath open the tiny door, move a cloud or settle the final scene. Give it a real job in the story.

AN IDEA THE CHILDREN ADDED

GAME 15 / STORIES AND IMAGINATION

Everything Is Possible Land

15

A familiar yoga shape becomes something wonderfully unexpected.

AGES 4+ | ABOUT 8 MIN | PROPS: NONE

SET THE SCENE

Make a circle and practise Mountain, Star and a low seated Seed. Explain the rule of this imaginary land: the same shape can become many things, and every child can offer an idea.

- 1 Choose Star. One child says it is a snowflake; another says a sea creature. Keep the clear arm-and-leg shape while changing a small movement or sound to bring each idea to life.
- 2 Choose two poses and a reason to travel between them. A Seed becomes a rocket control room, then a tall Mountain becomes its launch tower. Move slowly through the change and repeat it together.
- 3 Children work in small groups to invent a three-part adventure using known poses. Share it with the circle. Let the audience add one detail, then everyone plays the story again.

MAKE ROOM FOR EVERYONE

Make every idea possible with a seated or small-movement version. A child can contribute a name, sound or story clue instead of demonstrating.

TEACH WITH CARE

Imagination can be unlimited while movement stays within today's comfortable range. No lifting, forced stretching or copying an uncomfortable invention.

Breath in the game Choose a gentle sound on the out-breath to power one transformation, then return to ordinary breathing.

AN IDEA THE CHILDREN ADDED

GAME 16 / PARTNER CONNECTION

Yoga Mirror

16

Lead, follow, listen - then find a movement together.

AGES 4+ | ABOUT 5 MIN | PROPS: NONE

SET THE SCENE

Pairs face each other with reaching space. Agree to move slowly and stay responsible for your own balance. Try three shapes together: tall Mountain, open Star and a small side bend with both feet grounded.

- 1 One partner leads a slow journey through the three shapes. The mirror follows a comfortable version, including tiny movements or seated arms. Pause long enough for both people to arrive.
- 2 Swap leaders. This time include a move that grows on an easy in-breath and softens on the out-breath. Each person keeps their own breathing pace; following does not mean matching perfectly.
- 3 Try a short 'no named leader' round. Watch closely, offer a small movement and notice when to follow. Finish by each choosing one movement they enjoyed and doing both together.

MAKE ROOM FOR EVERYONE

Mirror hands, facial expressions or shoulders from seated positions. A third child can offer a simple pose card when a pair wants inspiration.

TEACH WITH CARE

Avoid fast switches, deep stretches and surprise balance challenges. Eye contact is optional; looking at hands or shoulders can be easier.

Breath in the game Make room for a full, comfortable breath in each pause. The leader's job is to leave time.

AN IDEA THE CHILDREN ADDED

GAME 17 / PARTNER CONNECTION

Ask Before Helping

17

Turn helpful intentions into help someone actually wants.

AGES 5+ | ABOUT 7 MIN | PROPS: WALL OR STEADY CHAIR

SET THE SCENE

Work in pairs near a wall or steady chair. Practise a low Tree with toes on the floor. Introduce three useful offers: a spoken idea, a demonstration or more space. The person balancing chooses.

- 1 One child explores Tree. Their partner asks, 'Would you like help or space?' Accept any answer. If help is wanted, ask which kind, then offer only that. Put the foot down and swap jobs.
- 2 Try the same choice with Mountain or a comfortable seated shape. The helper can suggest a wall, demonstrate smaller arms or quietly keep the area clear. Notice how listening changes the help.
- 3 Children invent a short scene where a character needs support. Play it twice with different answers, including 'No, thank you.' Let the group suggest words that make changing your mind easy.

MAKE ROOM FOR EVERYONE

Answer with a gesture, picture or agreed signal. The child receiving help stays in charge even when an adult explains the options.

TEACH WITH CARE

Do not move someone's limbs or use hands-on adjustments. Never pull a balancing child. A steady wall is available without another person taking their weight.

Breath in the game Pause for one ordinary breath after asking. Leave enough time for the other person's answer.

AN IDEA THE CHILDREN ADDED

GAME 18 / PARTNER CONNECTION

Back-to-Back Boat

18

Two steady little boats sail the same imaginary sea.

AGES 6+ | ABOUT 5 MIN | PROPS: NONE

SET THE SCENE

Sit with knees bent, feet on the floor and hands beside the hips. Partners choose light back contact or separate boats side-by-side. Each person supports their own weight; no linked feet or pulling hands.

- 1 Sit comfortably tall and spread the toes as anchors. Open the chest gently without leaning on your partner. Imagine the boat floating for one breath, then relax and shake out.
- 2 If comfortable, lighten one heel while keeping the toes down, then replace it and try the other side. Hands stay available for support. Both feet can remain planted for the entire voyage.
- 3 Partners choose a destination and take turns describing the sea. Make small arm 'sails' only when stable. End by lowering the sails, grounding both feet and thanking the other captain.

MAKE ROOM FOR EVERYONE

Sail from a chair with feet supported, using hands as sails. Two separate boats can share the whole story without touching.

TEACH WITH CARE

Keep this a grounded seated balance. No lifting both partners, counterbalancing, rocking against backs or straightening linked legs. Stop if the back or hips feel strained.

Breath in the game A comfortable breath is the boat's gentle tide; it does not have to match your partner's.

AN IDEA THE CHILDREN ADDED

GAME 19 / PARTNER CONNECTION

Sculptor And Clay

19

One child offers an idea; the other creates the shape.

AGES 5+ | ABOUT 7 MIN | PROPS: NONE

SET THE SCENE

Partners choose who begins as sculptor and who begins as clay. Explain that this clay moves itself. Suggestions can be spoken or demonstrated; there is no pushing, placing or holding another person's body.

- 1 The sculptor suggests a familiar yoga shape: 'Could you grow into a tall tree?' The clay chooses its own comfortable Tree. The sculptor describes something they notice kindly, then both release.
- 2 Swap roles. Add one invitation, such as 'Could a branch reach sideways?' The clay may accept, change or decline. Try a seated or smaller version and see how the artwork changes.
- 3 Create a two-pose sculpture that tells a story: seed to tree, mountain to star. Both partners move through it together. Give the artwork a title and share it with the group if wanted.

MAKE ROOM FOR EVERYONE

Use picture prompts or just sculpt the hands. A child can say 'show me' and watch first before choosing whether to move.

TEACH WITH CARE

The child making the shape controls every movement. Avoid fixed positions, forced symmetry and praise based on flexibility.

Breath in the game Before adding a detail, ask whether the shape leaves room for an easy breath. If not, make it smaller.

AN IDEA THE CHILDREN ADDED

GAME 20 / PARTNER CONNECTION

Heartbeat Hello

20

A hello made of rhythm, movement and attention.

AGES 4+ | ABOUT 4 MIN | PROPS: NONE

SET THE SCENE

Sit or stand in a circle. Tap a simple rhythm on your own thighs: two light taps and a pause. Invite the group to echo. Choose a comfortable opening gesture such as wide Star arms.

- 1 Say your name or offer a sound, tap the rhythm and open into your chosen shape. Everyone echoes the rhythm and a version of the shape. Keep introductions brief and playful.
- 2 In pairs, one person makes a two-part rhythm and a yoga gesture. The other echoes, then changes one detail. Swap turns so both people can lead and respond.
- 3 Build a circle sequence from three children's ideas. Repeat the rhythms and shapes together, then gradually make the taps softer. Finish with hands resting wherever feels comfortable.

MAKE ROOM FOR EVERYONE

Use a wave, finger tap, head movement or visual card. Names and touch are optional; tapping always happens on your own body.

TEACH WITH CARE

Keep taps gentle and volume comfortable. This is a made-up greeting rhythm, not a test or measurement of anybody's heartbeat.

Breath in the game Let the pause in the rhythm hold an ordinary breath before the next hello.

AN IDEA THE CHILDREN ADDED

GAME 21 / GROUP COOPERATION

Human Mandala

21

A circle becomes a pattern that moves through everyone.

AGES 5+ | ABOUT 8 MIN | PROPS: NONE

SET THE SCENE

Stand or sit in a spacious circle. Choose two comfortable shapes: wide Star and tall Mountain. Look around so each person can see a neighbour. No hand-holding is needed to make the circle belong together.

- 1 Grow into Star together, then return to Mountain. Repeat slowly and notice how the circle changes. Invite different arm heights so each person contributes a version that fits their body.
- 2 Send the movement around the circle as a wave. One child opens into Star; the next follows. Keep your shape for one easy breath, then soften as the wave travels onwards.
- 3 A child becomes pattern maker and adds one movement, such as a small side bend. Another decides whether it travels clockwise or back again. Play the complete pattern twice, then let the circle settle.

MAKE ROOM FOR EVERYONE

Make the pattern with fingers, arms or the whole body. A seated participant can start the wave; position everyone so they remain part of the circle.

TEACH WITH CARE

Leave enough room for reaching arms. Do not stretch the circle by pulling hands or require every shape to match.

Breath in the game Open on an easy in-breath and soften on the out-breath, at your own pace. The pattern can wait.

AN IDEA THE CHILDREN ADDED

GAME 22 / GROUP COOPERATION

Invisible Web Of Support

22

Make the invisible ways we help each other visible.

AGES 6+ | ABOUT 8 MIN | PROPS: IMAGINARY THREAD; OPTIONAL YARN

SET THE SCENE

Sit or stand in a circle with an imaginary thread. Agree that it connects ideas, not bodies. Choose a simple pose for offering help, such as grounded Mountain with open palms.

- 1 Hold the imaginary thread and offer something useful: 'I can make space' or 'I can listen.' Make your pose, then pass the thread with a gesture to another child. Everyone echoes a comfortable version.
- 2 A child invents a small problem in a story: a lost dragon or a crowded bridge. Send the thread to someone who can suggest help. Try the suggestion through a pose or short movement together.
- 3 Trace the imaginary web with your eyes. Choose three helpful actions from the circle and connect them into a little yoga sequence. End by letting the thread float down and resting your hands.

MAKE ROOM FOR EVERYONE

Offer an idea through a picture, sound or gesture, or pass without speaking. Keep the story imaginary so nobody has to disclose a personal difficulty.

TEACH WITH CARE

Imaginary thread avoids tangles. If yarn is used, keep it loose on the floor, away from necks and fingers, and collect it before moving.

Breath in the game Take one comfortable breath before passing the thread, making room to notice who has not had a turn.

AN IDEA THE CHILDREN ADDED

GAME 23 / GROUP COOPERATION

Yoga Machine

23

Every child becomes a useful part of a delightfully silly machine.

AGES 5+ | ABOUT 7 MIN | PROPS: NONE

SET THE SCENE

Agree on a machine's job: making rainbows, sending kind messages or watering a garden. Stand or sit in a roomy circle. Each part will use a small repeating yoga movement and an optional sound.

- 1 Start with one part: Mountain arms lift and lower to 'collect sunshine'. The next child adds a gentle side bend that 'stirs the colours'. Everyone tries both movements before another part joins.
- 2 Add up to four parts and repeat the sequence. Children explain how each part helps the machine work. Pause between repeats so breathing stays easy and the group can remember the pattern.
- 3 A child becomes engineer and changes one setting: quieter, smaller or slower. Another invents a new job for the same machine. Test it together, then switch off one part at a time into rest.

MAKE ROOM FOR EVERYONE

Every part can be seated or made with a small hand movement. Offer engineer and sound-designer roles alongside movement, and let children switch.

TEACH WITH CARE

Keep each body in its own working space. Nobody climbs, carries, pushes or becomes a surface for another part.

Breath in the game An easy out-breath can power each part's soft sound. Between cycles, the machine 'recharges' with ordinary breathing.

AN IDEA THE CHILDREN ADDED

GAME 24 / GROUP COOPERATION

Body Puzzle

24

Can several different shapes tell one shared story?

AGES 6+ | ABOUT 7 MIN | PROPS: NONE

SET THE SCENE

In groups of three or four, choose an object or scene: a garden, boat or friendly creature. Practise a few low, grounded shapes and agree that every person carries only their own weight.

- 1 Give each child a part. A seated Seed, standing Tree and wide Star might make a garden. Arrange the shapes with space between bodies. Hold only for one comfortable breath, then talk and try again.
- 2 Ask the puzzle to do something: the garden grows or the boat reaches shore. Children plan how their shapes will change together. Rehearse the transition slowly, then show another group.
- 3 Let the audience guess the scene from a movement clue. Invite one suggestion, choose whether to use it, and replay the puzzle. Swap roles so the same child does not always direct.

MAKE ROOM FOR EVERYONE

Include chairs, standing shapes and small hand details in the same picture. A narrator or pattern designer can be a full part of the puzzle.

TEACH WITH CARE

Keep all shapes independent and grounded. No stacks, lifts, linked balances or pressure to fill a gap with an uncomfortable position.

Breath in the game If a shape cannot allow an easy breath, redesign that puzzle piece together.

AN IDEA THE CHILDREN ADDED

GAME 25 / GROUP COOPERATION

Kindness Delivery Team

25

Deliver something kind by helping the whole circle move.

AGES 5+ | ABOUT 7 MIN | PROPS: OPTIONAL SOFT BEANBAG

SET THE SCENE

Make a circle with a soft beanbag or imaginary parcel. Choose three 'delivery stations': Mountain, open Star arms and a seated resting shape. Keep the parcel in hands; no balancing it on bodies.

- 1 Pass the parcel gently to a ready neighbour. Before the pass, both make a small Star with the free arm, then return to a steady position. Name an imaginary delivery: a smile for a tired dragon.
- 2 Add a route change. A child chooses the direction and a pose station for everyone to make when the parcel reaches them. The team succeeds when every person receives it without rushing.
- 3 Children suggest useful deliveries for the story community: a listening ear, more room or an invitation to play. Choose three and repeat the route with their movements. Finish by placing the parcel in the circle's centre.

MAKE ROOM FOR EVERYONE

Place the parcel on a nearby surface for someone to collect, or pass it entirely through gesture. Children may choose an imaginary message instead of a personal one.

TEACH WITH CARE

Pass only when the receiver is ready. No throwing across the circle, toe gripping or pressure to share feelings.

Breath in the game Pause for one natural breath at each station, giving the next person time to get ready.

AN IDEA THE CHILDREN ADDED

GAME 26 / CARDS AND MEMORY

Yoga Memory Match

26

Every card turn is a chance to move; every match belongs to everyone.

AGES 4+ | ABOUT 8 MIN | PROPS: FOUR PAIRS OF POSE PICTURES

SET THE SCENE

Make four pairs of simple pose drawings: Mountain, Tree, Cat and Butterfly. Place them face down where one child can turn them without others crowding. Demonstrate comfortable versions before starting.

- 1 A child turns two cards. Everyone tries each pose, whether or not they match. If they match, keep the pair visible. If not, turn them back after the group has noticed where they are.
- 2 Invite children to offer memory clues kindly: 'I think the tree was near this corner.' After each match, connect its pose to a pose already found. Change sides where a balance is involved.
- 3 Use the collected pairs to make a short shared flow. Children choose the order, then guide the whole sequence. Play again with one extra pair only if the group wants a fresh challenge.

MAKE ROOM FOR EVERYONE

Use large, high-contrast pictures or tactile objects. A child can turn cards while seated, or point for someone else to turn them.

TEACH WITH CARE

Keep cards outside the movement area so nobody steps on slippery paper. Avoid scoring speed, flexibility or memory mistakes.

Breath in the game Take one easy breath in each shape before looking for the next card. Thinking time is part of the play.

AN IDEA THE CHILDREN ADDED

GAME 27 / CARDS AND MEMORY

Pose Riddles

27

A riddle becomes a shape, and a shape becomes a new riddle.

AGES 5+ | ABOUT 6 MIN | PROPS: OPTIONAL POSE PICTURES

SET THE SCENE

Gather in a circle with three or four familiar poses. Model a riddle that describes the body and imagination: ‘Two feet on the ground, arms reaching wide; what sky shape could I be?’ Try Star together.

- 1 Offer one clue at a time. Let children build the pose as they listen instead of racing to shout its name. Reveal your idea, then welcome other shapes that also fit the clues.
- 2 Pairs choose a pose and prepare three clues: one about the base, one about the arms and one about its story. One child gives clues while the other demonstrates their chosen version.
- 3 The group solves two or three riddles and links the poses into a short flow. Invite a child to change one clue and explore how the movement changes. Finish by giving the new sequence a name.

MAKE ROOM FOR EVERYONE

Use picture, gesture or sound clues.
Partners may share the speaking role, or an adult can read a child’s idea aloud.

TEACH WITH CARE

Choose poses the group already knows.
There can be more than one thoughtful answer; nobody has to reproduce a single ‘correct’ body shape.

Breath in the game Leave one ordinary breath between clues so everyone has time to imagine and move.

AN IDEA THE CHILDREN ADDED

GAME 28 / CARDS AND MEMORY

The Storyteller Deck

28

Three cards, a little problem and a story worth moving through.

AGES 5+ | ABOUT 8 MIN | PROPS: THREE POSE CARDS

SET THE SCENE

Choose three pose cards the group can practise comfortably. Place them where everyone can see. Decide on a main character together: a curious beetle, an astronaut or a child with a very unusual umbrella.

- 1 Turn the first card and make its pose. Add one sentence about where the character begins. Turn the second and third cards, adding a new place and an ending. Move through the three poses again.
- 2 Introduce a small story problem between the places. Ask children how the character could help or ask for help. Add a slow transition that shows their solution, then replay the whole adventure.
- 3 Children reorder the same cards and discover a different story. Share narrator, card keeper and movement-guide roles. Finish with the character finding a comfortable place to rest.

MAKE ROOM FOR EVERYONE

Use objects or drawings instead of purchased cards. A child can narrate with sounds or gestures while others supply words.

TEACH WITH CARE

Keep the first story to three cards; add more only when the group can still enjoy repeating it. Guide invented transitions into grounded, comfortable movement.

Breath in the game Give a gentle out-breath a story job: moving a cloud, cooling soup or sending a tiny boat home.

AN IDEA THE CHILDREN ADDED

GAME 29 / CARDS AND MEMORY

Yoga Path

29

Follow a yoga trail at a pace that leaves room to notice.

AGES 4+ | ABOUT 8 MIN | PROPS: POSE PICTURES

SET THE SCENE

Lay three or four pose pictures beside a clear path, never under feet. Allow space at every stop. Demonstrate each shape and a seated alternative. Small groups can start at different stations.

- 1 Walk to the first station, make its pose for one easy breath, then release and travel on. Keep looking ahead for space rather than following close behind another child.
- 2 A child adds a story to the trail: perhaps these are stops on a trip to the moon. Choose a different way to travel between stations, such as tiny steps or slow wing movements.
- 3 Invite children to redesign the order or add one resting station. Explore the new route together. Let a trail guide help the group find space and a storyteller announce each destination.

MAKE ROOM FOR EVERYONE

Bring the cards one at a time to a seated explorer. They can choose the next stop for everyone or lead the arm version of a pose.

TEACH WITH CARE

Use a non-slip floor and wide routes. Keep paper beside the path, avoid jumping over obstacles and limit queues by using several starting points.

Breath in the game A breath is the ticket to each destination; it is a pause for yourself, not a timer to beat.

AN IDEA THE CHILDREN ADDED

GAME 30 / CARDS AND MEMORY

Spell Yoga

30

Write a word in movement and read it with your whole body.

AGES 6+ | ABOUT 7 MIN | PROPS: PAPER AND PEN

SET THE SCENE

Choose a short word together, such as PLAY. Give each letter a familiar pose: P for a tall Mountain ‘pillar’, L for a low Tree, A for open Star and Y for a seated Seed. The links can be invented.

- 1 Point to each letter and try its pose. Move through the word slowly, releasing between shapes. Repeat so children can begin to remember the sequence without looking at every cue.
- 2 Children suggest one new letter-to-pose connection or a story joining the shapes. Try their change and compare the feel of the two versions. Keep both sides included for a balance.
- 3 Small groups choose a three- or four-letter word and make a sequence. Share it for others to follow. Finish by ‘writing’ the word once more with small hand movements while seated.

MAKE ROOM FOR EVERYONE

Use names, pictures, colours or symbols instead of spelling. Reading ability is never required to join; children can remember the movement pattern.

TEACH WITH CARE

Keep the sequence short and the poses familiar. Letters are creative prompts, not a reason to force bodies into exact alphabet shapes.

Breath in the game Let one comfortable breath make a little space between letters, like spaces between spoken words.

AN IDEA THE CHILDREN ADDED

GAME 31 / SENSES AND MINDFULNESS

Sound Hunter

31

Go exploring without taking a single step.

AGES 4+ | ABOUT 4 MIN | PROPS: NONE

SET THE SCENE

Sit, stand or rest comfortably. Explain that this hunt collects observations rather than objects. Eyes may stay open. Begin by noticing the room together, without requiring silence from everybody.

- 1 Listen for a sound farther away, then a sound nearby. Point in its direction or describe it if wanted. There is no correct number to find; even a very ordinary sound can be interesting.
- 2 Grow into a comfortable Mountain or seated tall shape. Notice whether a sound changes when you turn your head gently. Return to the centre and listen for a sound you make, such as clothes moving.
- 3 A child becomes the guide: 'Listen high, low or behind us.' End by choosing one sound and making a small movement to represent it. The circle echoes each other's discoveries.

MAKE ROOM FOR EVERYONE

Explore vibration, visible movement or changes in light instead of sound. Offer a quieter position and let children choose how close to a sound source they sit.

TEACH WITH CARE

Avoid surprise noises or demands for closed eyes. Do not ask children to strain to hear or identify private conversations.

Breath in the game Notice an ordinary breath only if it is comfortable to do so. We do not make it louder to find it.

AN IDEA THE CHILDREN ADDED

GAME 32 / SENSES AND MINDFULNESS

Magic Yoga Stone

32

A small, ordinary object becomes a doorway into noticing.

AGES 4+ | ABOUT 5 MIN | PROPS: SUITABLE SMOOTH OBJECT

SET THE SCENE

Choose a clean, smooth, palm-sized stone or another suitable object with no sharp edges. Sit together and examine it in your own hands. If sharing one object, pass it only when the next person is ready.

- 1 Notice its colour, weight and texture. Let a child offer one describing word or gesture. Imagine where the stone has travelled, keeping guesses playful rather than presenting them as facts.
- 2 Place the stone beside your movement space. Make a tall Mountain, then a small seated 'pebble' shape. Move between them slowly. Which shape feels steady today? There is no need to curl tightly.
- 3 Children invent a short journey for the stone: mountain, river, garden. Choose a comfortable pose for each place and move through the story together. Return to sitting and look at the object once more.

MAKE ROOM FOR EVERYONE

Use a fabric pouch, textured cloth or a large object that is easier to hold. Looking without touching is a complete way to explore.

TEACH WITH CARE

Choose an object too large to swallow and supervise its use. Never balance stones on heads, eyes or bodies, and keep them out of walkways.

Breath in the game Let one easy breath mark the change from investigating the object to entering its story.

AN IDEA THE CHILDREN ADDED

GAME 33 / SENSES AND MINDFULNESS

Spaghetti Test

33

From uncooked spaghetti to a wonderfully soft noodle.

AGES 4+ | ABOUT 4 MIN | PROPS: NONE

SET THE SCENE

Sit with support or lie comfortably, leaving room around you. Explain that each child is in charge of their own noodle body. Try gently firming your hands for a moment, then letting them soften.

- 1 Make 'uncooked spaghetti' with just the fingers: a little firm, never painful. Release into soft noodles. Compare the two feelings. Rest before repeating with the arms in a comfortable position.
- 2 Grow into tall Mountain with soft knees. Imagine warm water arriving and let arms become loose noodles, then sit down slowly. Keep your balance and your own breathing throughout the change.
- 3 Children invent a silly sauce using a sound or colour. Stir it with small arm circles, then settle into a resting noodle shape. Invite them to choose which part of the body would like more space or support.

MAKE ROOM FOR EVERYONE

Explore one hand, shoulders or a facial expression without tightening. A child can be the storyteller while resting comfortably.

TEACH WITH CARE

Use very light effort for only a second or two. Never have adults lift or drop relaxed limbs, and avoid tightening the face, neck or whole body strongly.

Breath in the game Let a natural out-breath accompany the softening. Do not hold the breath to make a 'stronger' noodle.

AN IDEA THE CHILDREN ADDED

GAME 34 / SENSES AND MINDFULNESS

Sense Safari

34

A nature expedition led by the details children notice.

AGES 5+ | ABOUT 6 MIN | PROPS: OPTIONAL NATURE OBJECTS

SET THE SCENE

Bring a few suitable natural objects, or explore a clear outdoor area together. Choose looking, listening and touching as optional ways to investigate. Let children stay with one sense rather than needing to use them all.

- 1 Find a line, colour or texture. A child shares it through a word or gesture. Make a yoga shape inspired by it: tall Mountain for a trunk, branching Tree arms or a low seated Seed.
- 2 Explore a second detail and connect the two poses. A rough bark pattern might become small finger movements, followed by wide leaf arms. Repeat the sequence and notice how it feels.
- 3 Children guide a mini safari with three discoveries. Give each person a role such as route guide, detail finder or story keeper. End by returning objects where appropriate and resting in the 'base camp' circle.

MAKE ROOM FOR EVERYONE

Use photographs, large leaves or a textured cloth indoors. A child can observe without touching or describe what a partner finds.

TEACH WITH CARE

No tasting or required smelling. Check for allergies, sharp edges and local hazards; leave unfamiliar plants and animals undisturbed. Wash hands after handling outdoor materials.

Breath in the game Pause for an easy breath at each discovery, giving noticing more time than collecting.

AN IDEA THE CHILDREN ADDED

GAME 35 / SENSES AND MINDFULNESS

Feather Listening

35

Move so gently that an imaginary feather could hear you.

AGES 3+ | ABOUT 4 MIN | PROPS: SCARF OR IMAGINARY FEATHER

SET THE SCENE

Show a scarf, clean craft feather or imaginary feather. Watch its slow movement, keeping small props away from mouths. Choose a clear route and a resting place for the feather's journey.

- 1 Walk slowly with soft steps while one child lets the scarf drift from their hand. When it settles, everyone makes a tall Mountain and listens to one ordinary room sound.
- 2 Let the feather visit a Tree. Make a kickstand balance with toes touching the floor and float one arm like a branch. Lower the foot, change sides and let the feather continue its travels.
- 3 Children choose its final home: a nest, a cloud or a quiet garden. Settle into a comfortable seated or lying shape. A child narrates the landing, then leaves a little space for quiet.

MAKE ROOM FOR EVERYONE

Move a hand through the feather's journey from a chair. Keep eyes open and choose a distance from the prop that feels comfortable.

TEACH WITH CARE

Use a scarf or imagination when feathers are unsuitable. Do not tickle, touch faces or require children to stay silent or motionless.

Breath in the game A gentle out-breath can imagine the feather drifting; no blowing prop is needed near the face.

AN IDEA THE CHILDREN ADDED

GAME 36 / MUSIC AND MOVEMENT

Rainforest Rhythm

36

Build a rainforest that you can hear and move through.

AGES 4+ | ABOUT 6 MIN | PROPS: NONE

SET THE SCENE

Make a circle with room to stand and sit. Choose three forest sounds at a comfortable volume: fingertip rain, soft thigh-tap footsteps and a quiet bird call. Pair them with Mountain, Cat and Bird arms.

- 1 Explore each sound and pose separately. Tap the rain while standing tall; pause, lower carefully to Cat, and move the back gently; rise again and open Bird wings. Repeat with clear, unhurried transitions.
- 2 A child conductor invites one sound at a time, then combines two groups. Each group keeps a small version of its movement. Switch parts so everyone explores different rhythms and shapes.
- 3 Children create a forest story: dawn arrives, rain passes, birds return home. The conductor guides the sequence and gradually softens the sound. Finish in a comfortable 'forest resting' shape.

MAKE ROOM FOR EVERYONE

Choose visual rain fingers or silent wings. A seated forest can use tall posture, a gentle back movement and arm shapes without changing levels.

TEACH WITH CARE

Keep volume predictable and avoid pounding on bodies. Allow space for people who prefer quieter participation and time for safe floor transitions.

Breath in the game Let a short, gentle bird sound ride an out-breath. The forest includes ordinary breathing and pauses.

AN IDEA THE CHILDREN ADDED

GAME 37 / MUSIC AND MOVEMENT

Crab Dance

37

Scuttle, pause and wave to a fellow beach explorer.

AGES 5+ | ABOUT 5 MIN | PROPS: MUSIC

SET THE SCENE

Sit with knees bent and feet on the floor. Place hands comfortably behind or beside the hips only if wrists agree. Try a very small hip lift, then lower. Seated crabs with waving claws are equally welcome.

- 1 Make your crab shape for a moment, then rest on the floor. Add two tiny sideways steps only if comfortable and clear. Pause to wave one claw from a steady seated position.
- 2 Play a short stretch of cheerful music. Crabs move or wave slowly while it plays, then rest when it pauses. A child chooses the next beach discovery: shell, rock or seaweed.
- 3 Pairs invent a crab greeting using two small movements. Share it with the circle, then let everyone try a version. End by lowering completely and stretching legs or shaking out hands gently.

MAKE ROOM FOR EVERYONE

Keep hips down, move just the feet, or dance claws from a chair. A child can guide music pauses while still joining the greetings.

TEACH WITH CARE

Avoid speed, long holds and travelling on uncomfortable wrists. No lifting another crab, sitting on backs or competitive crab races.

Breath in the game Breathe easily during any lift. If the breath strains, put the hips down and keep dancing with the claws.

AN IDEA THE CHILDREN ADDED

GAME 38 / MUSIC AND MOVEMENT

Yoga Musical Mats

38

Musical mats where the space stays and the ideas change.

AGES 4+ | ABOUT 7 MIN | PROPS: MUSIC; MATS OR CLEAR SPOTS

SET THE SCENE

Place enough non-slip mats or clear floor spaces for everyone, with safe paths between them. Keep every space for the whole game. Choose Mountain, Star and seated Butterfly as the first round's poses.

- 1 Walk or dance gently while music plays. When it pauses, find an available space and make the named pose for one comfortable breath. Anyone already in a space can stay there and move their arms.
- 2 Invite a child to choose the next pose and a way to travel. For a partner round, two children use neighbouring spaces and mirror each other. They do not squeeze onto one mat.
- 3 Children help create a three-pose musical journey. At each pause, play the next pose in the story. Finish with all spaces becoming a shared resting landscape; everyone has a place.

MAKE ROOM FOR EVERYONE

A child can keep one seated position while others move around it. Use a visible pause signal as well as the music.

TEACH WITH CARE

Never remove mats or eliminate children. Avoid rushing for spaces, stepping on loose edges or requiring shared mats.

Breath in the game The music restarts after a comfortable breathing pause, not as soon as the quickest child lands.

AN IDEA THE CHILDREN ADDED

GAME 39 / MUSIC AND MOVEMENT

Animal Soundscape

39

Half the circle makes a habitat; half brings its animals to life.

AGES 3+ | ABOUT 6 MIN | PROPS: NONE

SET THE SCENE

Choose three familiar animals and comfortable yoga movements: Cat's gentle back movement, seated Butterfly wings and standing Bird arms. Agree soft sounds for each habitat, with a silent option for every role.

- 1 Everyone explores the three animals together. Keep the movement clear and repeat each slowly before adding sounds. Children suggest where the animals live and what they might be doing.
- 2 Divide into a sound crew and a movement crew. The sound crew makes quiet rain or wing sounds while doing small hand movements; the other crew plays the chosen animal. Swap after a short round.
- 3 A child director creates a beginning, a small adventure and a resting ending. Both crews bring it to life, then change roles and replay it with one new idea from the group.

MAKE ROOM FOR EVERYONE

Join through gestures, small movements, narration or sound. A silent habitat can be just as rich, with moving fingers as rain.

TEACH WITH CARE

Set a comfortable volume before starting. Avoid sudden roars, breathless repeated calls and crawling into another child's space.

Breath in the game Use just one soft animal sound on an easy out-breath, with ordinary breaths between calls.

AN IDEA THE CHILDREN ADDED

GAME 40 / MUSIC AND MOVEMENT

Slow Motion Superheroes

40

Big imagination, tiny controlled movements and a mission to help.

AGES 4+ | ABOUT 5 MIN | PROPS: NONE

SET THE SCENE

Choose a friendly rescue mission: return a lost star or deliver water to a thirsty garden. Practise Mountain, wide Star and a low 'flying' balance with one toe staying on the ground behind you.

- 1 Travel in slow-motion steps. At the first mission stop, become a strong Mountain and look around. At the next, open into Star to send a signal. Keep knees soft and movements deliberate.
- 2 Try the low flying shape with arms comfortable and the back toe grounded. Return to Mountain, then change sides. Children decide what useful thing the hero can see from this small flight.
- 3 Pairs invent a two-stop mission that includes asking for help. Take turns guiding it while everyone joins. Finish by bringing the rescued imaginary object home and resting the heroes.

MAKE ROOM FOR EVERYONE

Fly with arms from a chair or keep both feet together in Mountain. Storytelling, signalling and route planning are meaningful hero jobs.

TEACH WITH CARE

All flights stay low and self-supported. No jumps from furniture, lifts, partner catches or contests to balance longest.

Breath in the game An easy out-breath sends the hero's gentle signal. Breath stays available even during a brave pause.

AN IDEA THE CHILDREN ADDED

GAME 41 / CREATIVE MAKING

Mandala Bodies

41

Design a living floor pattern with space for every shape.

AGES 5+ | ABOUT 8 MIN | PROPS: NONE

SET THE SCENE

Gather around a clear centre point. Choose comfortable seated or lying shapes with feet, hands and heads well separated. Explain that a mandala here is a circular pattern the group designs together.

- 1 Each person chooses a small shape facing the centre, such as seated Butterfly or a comfortable resting Star. Look at the spaces between people as well as the shapes. Release after a brief pause.
- 2 Invite a child to suggest a repeating pattern: open arms, folded arms, open arms. Try it with different versions for different bodies. Let the group see how repetition makes the design visible.
- 3 Add a slow transformation from 'seed pattern' to 'flower pattern'. A child guides the change while another names the design. Finish by sitting up carefully and noticing one contribution from the group.

MAKE ROOM FOR EVERYONE

Include chairs around the circle and small hand patterns. A child can be the designer, then swap into a movement role if wanted.

TEACH WITH CARE

Keep everyone on their own support surface, without touching feet to faces or pulling into position. Do not stand above resting children to take photos.

Breath in the game Let an easy in-breath open your part of the pattern and an out-breath soften it. Different rhythms still belong.

AN IDEA THE CHILDREN ADDED

GAME 42 / CREATIVE MAKING

Draw It, Do It

42

A quick sketch becomes a class you can move through.

AGES 5+ | ABOUT 10 MIN | PROPS: PAPER AND CRAYONS

SET THE SCENE

Give pairs paper and crayons. Choose three poses the group already knows. Explain that simple lines, shapes or symbols are enough; the drawing only needs to remind its creators what to do.

- 1 Each pair sketches one pose in a minute or two, then puts the drawing beside the movement space. Try the pose together and decide whether the drawing needs one clearer clue.
- 2 Choose three drawings and arrange a short sequence. Children demonstrate comfortable transitions between them. Move through the sequence twice so the art becomes a lived experience, not just a display.
- 3 Invite children to add a story detail or breathing symbol to one drawing. Replay the sequence with that idea, then exchange it with another pair. Give the mini class a name together.

MAKE ROOM FOR EVERYONE

Use existing cards, point to pictures or ask a partner to draw your idea. A child's symbol does not have to look like a body.

TEACH WITH CARE

Keep art materials outside the movement area. Avoid long sitting time by alternating a small amount of drawing with a generous amount of moving.

Breath in the game A child's wave or cloud symbol can mark one comfortable breathing pause in the sequence.

AN IDEA THE CHILDREN ADDED

GAME 43 / CREATIVE MAKING

Yoga Mobile

43

Become a mobile that moves in a breeze - without any strings.

AGES 6+ | ABOUT 8 MIN | PROPS: NONE

SET THE SCENE

Show or describe a hanging mobile: balanced pieces that shift gently. Stand with feet grounded or sit with support. Imagine threads lifting wrists and fingertips. All threads stay imaginary.

- 1 Lift one arm a little, lower it and try the other. Grow tall through the body without stiffening. Let children choose a shape for each piece of their mobile: moon, leaf or tiny planet.
- 2 A child becomes the breeze and gestures a direction. Respond with a small arm movement or side bend while keeping your base steady. Return to the centre before the breeze changes.
- 3 Pairs design a two-part mobile using neighbouring spaces. Take turns being breeze and moving sculpture, then try moving together. Let the breeze fade until all the pieces come to a comfortable rest.

MAKE ROOM FOR EVERYONE

Make a finger mobile, move one arm or guide the breeze with a picture. Every mobile can have a different range of movement.

TEACH WITH CARE

Never tie strings or ribbons to bodies, furniture or limbs. Avoid pulling, lifting or hanging. The imagined movement remains controlled by each child.

Breath in the game Let the arms float with an ordinary in-breath and soften with the out-breath, without forcing a rhythm.

AN IDEA THE CHILDREN ADDED

GAME 44 / CREATIVE MAKING

Shape Shifters

44

The interesting part is the journey between two shapes.

AGES 4+ | ABOUT 6 MIN | PROPS: OPTIONAL STEADY CHAIR

SET THE SCENE

Choose three comfortable shapes at manageable levels: standing Mountain, wide Star and a seated Seed. Practise how to move between standing and sitting slowly, using hands or a chair for support where needed.

- 1 Travel from Mountain to Star in slow motion. Notice feet, arms and the space around you. Return to Mountain and repeat. A child names a story for the change: night becoming a sky full of stars.
- 2 Add the seated Seed only when the transition is comfortable. Lower carefully, rest, then rise with support. Try the sequence again with a smaller version so everyone can stay together.
- 3 Children choose two known shapes and invent a reason to transform. Show their transition to a partner, then teach a version to the group. End in the shape that feels most restful today.

MAKE ROOM FOR EVERYONE

Keep all three shapes seated, changing height with arms and posture. A child can narrate while another demonstrates by agreement.

TEACH WITH CARE

No snapping, dropping or racing between poses. Allow different routes and extra time for changing levels. Comfortable transitions matter more than matching endpoints.

Breath in the game Begin a transition when you have room to breathe, and pause whenever the movement makes breathing feel tight.

AN IDEA THE CHILDREN ADDED

GAME 45 / CREATIVE MAKING

Pose Workshop

45

Take one familiar pose apart and rebuild it with children's ideas.

AGES 6+ | ABOUT 8 MIN | PROPS: NONE

SET THE SCENE

Choose a familiar base such as Mountain or a low Tree. Explore it together briefly. Introduce four workshop questions: Can it be smaller? Can it move? Can it tell a story? What helps it feel comfortable?

- 1 Start with the simplest version. Children choose arm height, foot position within a stable base, or a seated version. Try each change for one easy breath and return to rest before discussing it.
- 2 Pairs add one story detail or gentle sound. A Tree might shelter a bird; Mountain arms might welcome sunrise. Keep the base pose recognisable and let each person decide which variation to use.
- 3 Hold a tiny exhibition. Each pair names its version, shows the starting shape and demonstrates one change. The audience explores its own version, then offers a curious question or a kind observation.

MAKE ROOM FOR EVERYONE

Children can contribute through naming, drawing, narrating or demonstrating one small movement. Keep several useful versions available instead of voting for a winner.

TEACH WITH CARE

Check every invention before the group copies it. No forced stretching, loading partners or treating difficulty as proof that a variation is better.

Breath in the game Ask, 'Can your invention leave room for an easy breath?' Let the answer guide the next adjustment.

AN IDEA THE CHILDREN ADDED

GAME 46 / CLOSING AND REFLECTION

Quiet Star

46

Five gentle points of attention, with no need to disappear into stillness.

AGES 3+ | ABOUT 4 MIN | PROPS: OPTIONAL CUSHIONS

SET THE SCENE

Lie in a comfortable Star shape or sit with support. Arms and legs can be as close or wide as you like. Offer a cushion or folded blanket where useful. Eyes may stay open.

- 1 Notice one hand, then the other. Wiggle fingers if it helps you find them. Let them rest again. Move attention to one foot, then the other, without needing the whole body to stay still.
- 2 Notice your head resting or balancing. Imagine the five points as a constellation with plenty of space between its stars. Take a few ordinary breaths, or simply notice contact with the floor or chair.
- 3 Invite each child to choose a name for their constellation, silently or aloud. Bring back small movements, stretch if wanted and return to sitting slowly. Let the group finish with a gentle wave.

MAKE ROOM FOR EVERYONE

Use a seated hand-star, notice only two points or keep quietly moving. Watching a chosen spot in the room can replace inward attention.

TEACH WITH CARE

Never require closed eyes, silence or complete stillness. Keep the room predictable and allow children to change position or sit up whenever needed.

Breath in the game Let breathing happen by itself. The quiet is an invitation to notice, not a performance to get right.

AN IDEA THE CHILDREN ADDED

GAME 47 / CLOSING AND REFLECTION

Guided Rainbow

47

Travel through a rainbow whose colours belong to the children.

AGES 4+ | ABOUT 5 MIN | PROPS: OPTIONAL COLOUR PICTURE

SET THE SCENE

Sit or lie comfortably. Invite children to imagine a rainbow, look at a picture or choose a real colour in the room. Explain that colours can mean different things to different people.

- 1 Choose one colour and notice where it could appear in an imaginary landscape. Offer a small movement: warm sunshine arms, a blue wave hand or a green leaf sway. Rest between ideas.
- 2 Invite two more colours from the group. Connect their movements into a slow seated journey. Children may name a feeling, object or memory, but nobody needs to share anything personal.
- 3 Let each child choose a final colour or skip the colour idea entirely. Settle into a comfortable resting shape. Finish by noticing the room again and making one gentle stretch together.

MAKE ROOM FOR EVERYONE

Use objects, sounds or textures instead of imagined colours. Children who do not picture things in their minds can follow the movement and story.

TEACH WITH CARE

Avoid assigning fixed emotions or healing powers to colours. Offer concrete choices without promising that a particular colour will make someone calm or happy.

Breath in the game An easy out-breath can soften the rainbow arms. Keep breathing natural; no colour needs to be 'breathed into' the body.

AN IDEA THE CHILDREN ADDED

GAME 48 / CLOSING AND REFLECTION

Gratitude Pass

48

Notice an ordinary good thing, then give the next voice some space.

AGES 5+ | ABOUT 5 MIN | PROPS: OPTIONAL SOFT OBJECT

SET THE SCENE

Sit in a circle with an imaginary talking pebble or a suitable soft object. Offer a simple prompt: 'Something I noticed or enjoyed today.' Explain that passing, wondering or naming something neutral is welcome.

- 1 Share one short example and a gentle yoga gesture, such as opening Star arms for sunshine. Pass the turn. Each child may add a word, gesture or nothing, while the circle listens.
- 2 Choose two or three offered gestures, with the children's agreement, and make them into a slow seated sequence. Repeat it together so the reflection lives in movement as well as words.
- 3 Ask what the group would like to bring into its next class: more music, a new animal or time to rest. Let children offer ideas or pass. Close by returning the object or gesture to the centre.

MAKE ROOM FOR EVERYONE

Use pictures, pointing or a private thought. A child can describe something difficult they noticed without being required to turn it into a positive lesson.

TEACH WITH CARE

Avoid compulsory gratitude, praise rounds or personal disclosures. Keep turns brief and honour 'pass' without explanation.

Breath in the game Leave one ordinary breath of space between speakers. Listening is part of the game.

AN IDEA THE CHILDREN ADDED

GAME 49 / CLOSING AND REFLECTION

Lemon Squeeze And Release 49

Make imaginary lemonade, one gentle squeeze at a time.

AGES 4+ | ABOUT 4 MIN | PROPS: NONE

SET THE SCENE

Sit or lie comfortably. Imagine holding a soft lemon in one hand. Try a small, gentle squeeze for a second or two, then open the hand. Explain that the lemon is imaginary and needs very little effort.

- 1 Squeeze one hand lightly and release it. Notice the difference, then try the other hand. Rest between turns. A child can name a silly lemonade flavour to keep the image playful.
- 2 Open both palms like a serving tray. Let arms reach a comfortable distance, then return them to rest. Try a tiny shoulder lift and release only if it feels easy, with no strong tightening.
- 3 Children choose a final imaginary ingredient: a smile, a sunbeam or a dinosaur joke. Stir with a small hand circle, set the drink down and let hands rest. Finish by stretching fingers gently.

MAKE ROOM FOR EVERYONE

Skip squeezing and simply open and close a hand, imagine the action or watch a partner. One small movement is enough.

TEACH WITH CARE

Use light effort only. Do not tense the face or neck, squeeze someone else's hands or continue through pain. Leave plenty of rest between turns.

Breath in the game Let the hand soften on a natural out-breath. Never hold the breath while squeezing.

AN IDEA THE CHILDREN ADDED

GAME 50 / CLOSING AND REFLECTION

Class Garden

50

Finish as a garden grown from everyone's different ideas.

AGES 3+ | ABOUT 5 MIN | PROPS: NONE

SET THE SCENE

Make a circle with room to move at your own level. Choose a comfortable Seed shape: seated small, gently curled on the side or resting hands together. Nobody needs to fold tightly or kneel.

- 1 Rest as seeds for a moment. A child makes soft rain with fingers or a quiet sound. Let each seed decide when to sprout, lifting a hand, an arm or the whole body slowly.
- 2 Grow into a seated or standing Tree. Keep toes grounded for balance if wanted. Children choose what their plant becomes: a sunflower, a tiny herb or a completely imaginary rainbow tree.
- 3 Let the garden share a little breeze through gentle arm movements. Then settle back towards a restful shape. Invite an optional wish for the next class, and close by looking around at the garden you made together.

MAKE ROOM FOR EVERYONE

The whole journey can happen in the hands: closed seed, opening sprout, wide flower. Rain maker and garden storyteller are welcome movement roles.

TEACH WITH CARE

Let children choose pace, height and resting position. No touching to 'water' someone unless they actively want it; gestures and sounds are enough.

Breath in the game A comfortable in-breath can help a sprout open; the out-breath lets the garden soften into its ending.

AN IDEA THE CHILDREN ADDED

Three little class adventures

Use these as starting routes. Timings include simple transitions. Repeat fewer games when the children are deeply engaged, and leave room for their ideas.

10 MINUTES / A WELCOME AND A LANDING

For a quick classroom break or a family moment.

- 2 MIN** **Heartbeat Hello** (game 20)
Greet the circle with a rhythm and a small yoga gesture.
- 5 MIN** **1, 2, 3 Yoga Tree** (game 1)
Let the group become a forest that travels and grows together.
- 3 MIN** **Class Garden** (game 50)
Return to seeds, grow gently and settle with a shared ending.

20 MINUTES / A STORY WE CREATE TOGETHER

For a group ready to imagine, move and listen.

- 3 MIN** **Yoga Traffic Lights** (game 5)
Practise a shared movement and pause signal.
- 8 MIN** **Magic Carpet Map** (game 11)
Visit three child-chosen places and repeat the route.
- 5 MIN** **Yoga Mirror** (game 16)
Explore a story shape with a partner and swap leaders.
- 4 MIN** **Quiet Star** (game 46)
Notice, rest and return in your own way.

30 MINUTES / A COMMUNITY WITH A MISSION

For a group ready for cooperation and child leadership.

- 4 MIN** **Freeze Yoga DJ** (game 2)
Warm up with familiar shapes and room to move.
- 7 MIN** **Child-Created Story Flow** (game 14)
Invent a short adventure with a problem to solve.
- 8 MIN** **Kindness Delivery Team** (game 25)
Help the story community through a shared delivery route.
- 5 MIN** **Back-to-Back Ocean** (game 9)
Choose contact or space and notice breathing together.
- 6 MIN** **Class Garden** (game 50)
Give time for growing, resting and an optional closing wish.

This is only the beginning.

Take one game into your next class. Notice what the children bring to it. Let that become the beginning of the next adventure.

YOUR FIRST THREE STEPS

Choose one. Pick a game that fits the children and the space.

Try it together. Begin simply and let their ideas change the play.

Keep one discovery. What made the group feel more connected?

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