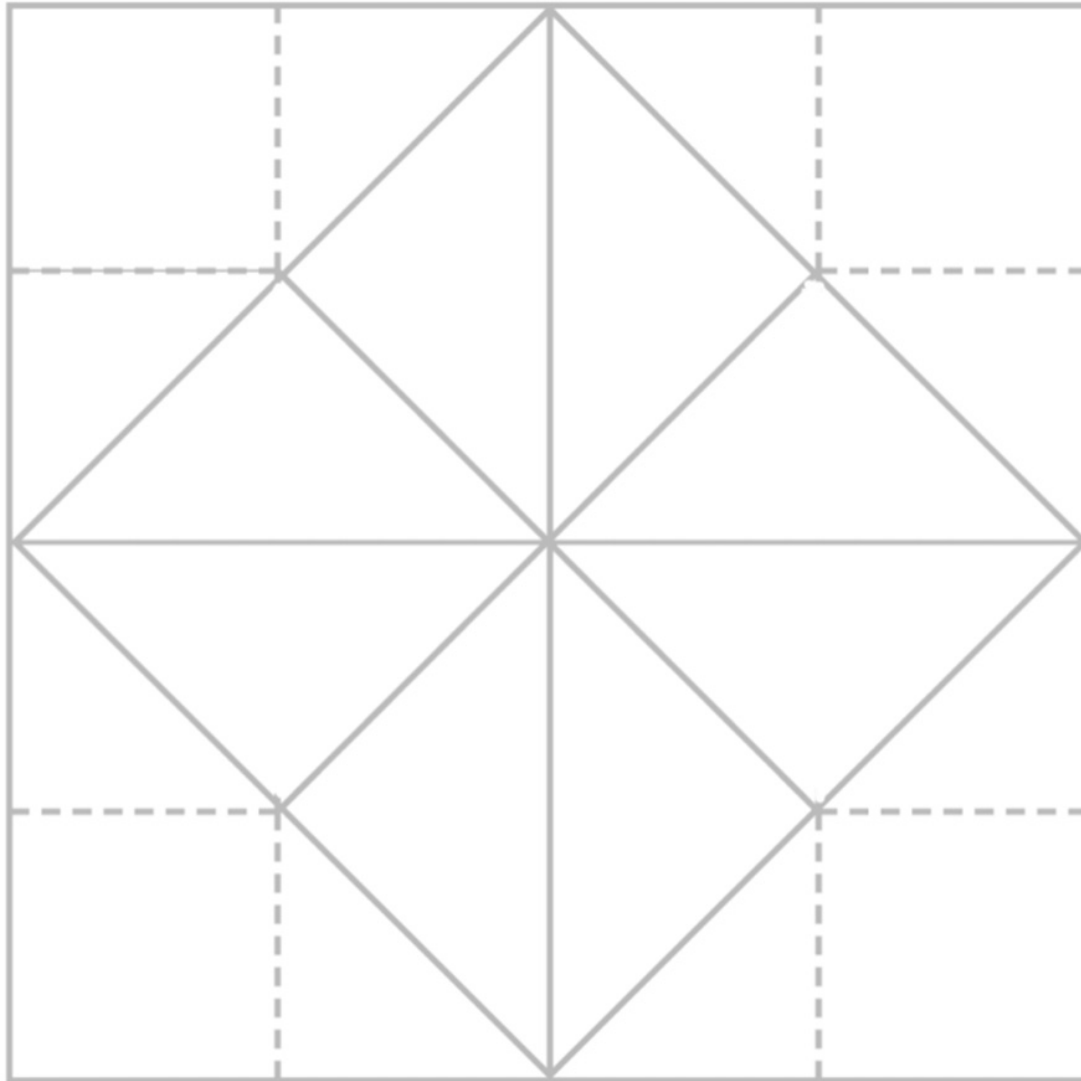




YOGA POSE CHATTERBOX



1. Cut out the square.
2. Fold the square in half, and then half again so you have a smaller square.
3. Unfold.
4. Fold the four corners into the middle.
5. Flip the square over.
6. Fold each of the corners into the middle.
7. Bend the paper along the lines that are halfway down each side, bringing each corner together to one point.
8. Fit your fingers into the gaps underneath.
9. Now you've made your chatterbox, pick 4 colours and colour in each of the corners one colour.
10. Open up your chatter box to find 8 sections, number these one to 8.
11. Then pick your favourite yoga poses, and write or draw them under the flat behind each number.

NOW PLAY!

1. Ask a friend to pick a colour.
2. Spell the colour, flipping the game back and forth as you say each letter.
3. Peer inside and pick a number count the number, flipping the game back and forth as you count to the number.
4. Underneath the number you will find a yoga pose, take it turn to do the pose and start from the beginning.

If your kids respond well to the chatterbox game, you can create another one in which you replace the numbers with yoga poses, and replace the yoga poses with mindful activities. For example creating a glitter jar, or drawing!