



YOGA SPINNER



WHAT YOU WILL NEED:

Paper, Pencils, Split pin & Paper clip

1. Grab some pencils and paper
2. Cut your paper into a circle
3. fold your circles in half several times, the more times you fold the more yoga poses you can fit in
4. Now you can draw or write each of the yoga poses, one on every fold.
5. Make them colourful! I like to draw the name of the yoga posture, so you can draw an actual mountain or snake for example
6. Draw lines down every crease of the fold so that if your spinner lands you know which yoga posture to do
7. Push your pencil through the centre of the circle so there is a small hole
8. Take your split pin and your paperclip, push your split pin through one end on the paper clip and then through the hole in your circle paper.
9. Hold onto the split pin and paperclip, and flip your circle over.
10. Separate the 'arms' of the split pin and fold them to the paper, make sure to leave a little gap so you can still spin the paper clip
11. We are ready to play! Grab your yoga mats and start spinning. The youngest gets to spin first!