

## Activity Instructions

Activity Name: Ball Yoga

Study: Balls

Objective for Learning: 7a,8b,11e

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The following supplies are needed for this activity:  
ball  
relaxing music  
yoga mat(optional)

*Instructions:*

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India.

Hold your ball and do various stretches while playing calm music.

You and your children may also enjoy something on this website:

<https://www.gogoyogakids.com/beach-ball-yoga-game-kids/>

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Digital video content or other information can be found at: