

Yoga Board Game

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Description:

Have fun learning yoga and self-regulate with this yoga board game! The game can be used as a tool to assist with providing calming, strengthening, and learning activities. The game can be incorporated in many different settings, such as home, therapy, and classroom.

The following are 2 different ways you can play the board game:

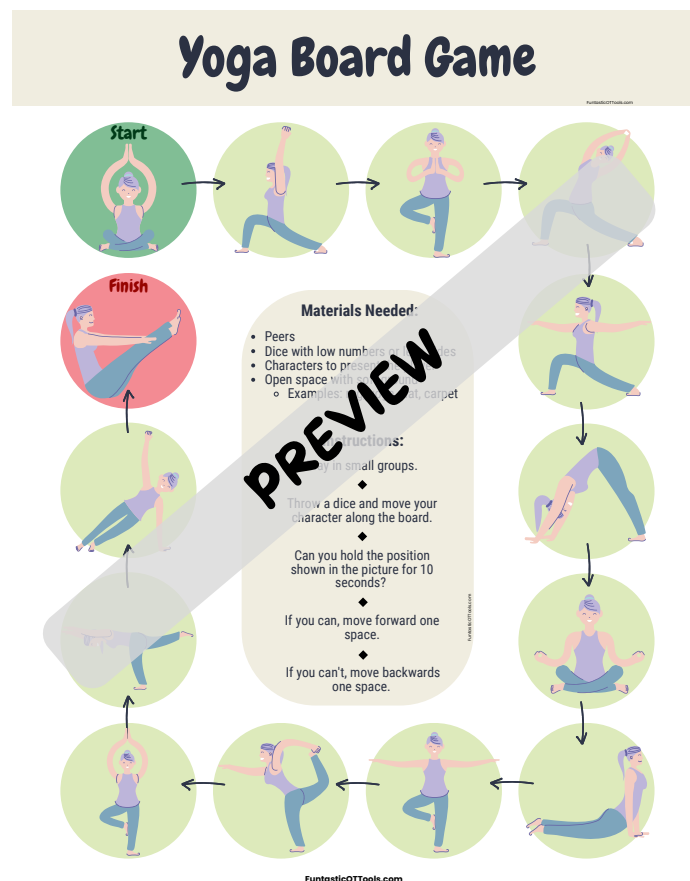
1. Print out & Enjoy!

*To ensure the durability of the visual tool, you can print on hard paper (cardstock), place in a sheet protector, and/or laminate.

2. Online Interactive instructions:

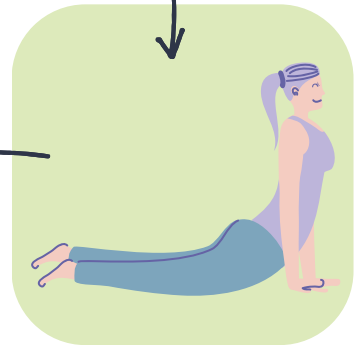
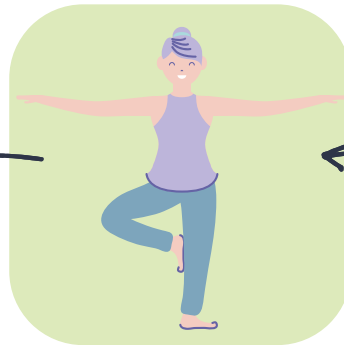
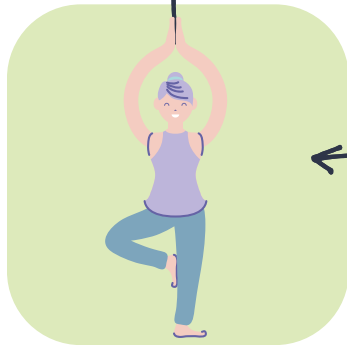
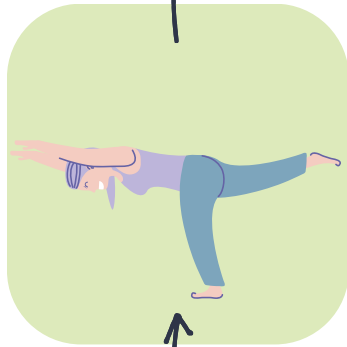
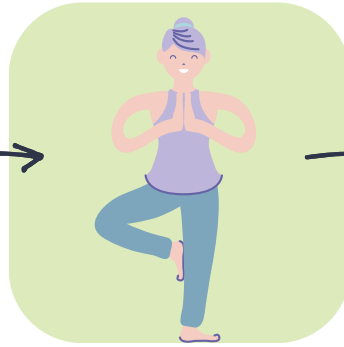
- OPTION 1 (Adobe Account Holders):
 - Open PDF in Adobe > View > Tools > Comment > Pencil
 - Use the pencil to mark placements on the board. .
- OPTION 2 (Free Version of Adobe -Preview):
 - Open PDF Preview > View > Markup Toolbar > Draw
 - Draw to mark placements on the board. .
- OPTION 3: (Word Doc):
 - Open word doc > Drag PDF into word doc > Draw > Select color to draw
 - Draw to mark placements on the board. .

*For online interactive play, you can use a free online dice and select a dice of your choosing.



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Materials Needed:

- Peers
- Dice with low numbers or less sides
- Characters to present the player
- Open space with soft ground
 - Examples: rug, yoga mat, carpet

Instructions:

Play in small groups.



Throw a dice and move your character along the board.



Can you hold the position shown in the picture for 10 seconds?



If you can, move forward one space.



If you can't, move backwards one space.

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