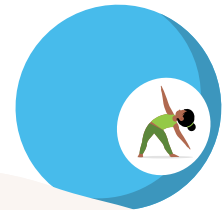
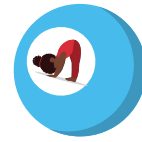


YOGA BINGO



Are you looking for a fun way to introduce kids to yoga? If so, this printable BINGO game, created for toddlers and beyond, is for you!

BONUS- reference our 'Questions for Kids' page throughout the game to encourage engaging discussion around yoga and mindfulness activities.



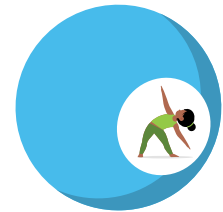
TIME TO PLAY

1. Download and print Yoga BINGO. *Recommend printing on cardstock or laminating for durability!
2. Cut out the caller cards.
3. Find any small objects to use as markers. Buttons, pennies, or even pebbles will work!
4. Pass out the BINGO cards, shuffle the caller cards, set aside your "Questions for Kids" page for reference, and have fun!

During play: After sharing a caller card, allow kids time to try the yoga pose before moving on!



YOGA BINGO



QUESTIONS FOR KIDS

Throughout the game, pause to ask kids a question from below. Create a safe space by reminding kids there are no wrong answers and thank them for sharing!

- Let's take 2 deep breaths together. (pause) How does your body feel now?
- Show me your favorite yoga pose!
- What are you grateful for today?
- What is something you love about yourself?
- Let's pause and be quiet together. (pause) What did you hear?
- Did You Know? Yoga is over 5,000 years old!
- What colors do you see around you?
- How does your body feel after doing yoga?



BINGGO



HALF CAMEL



TRIANGLE



COW POSE



CHILD'S POSE



FORWARD FOLD



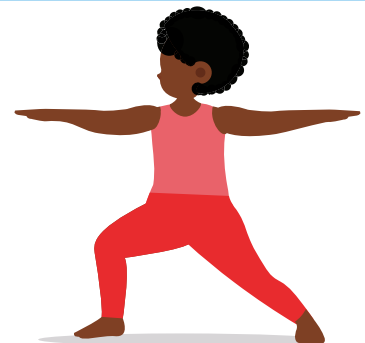
LOCUST



TABLE TOP

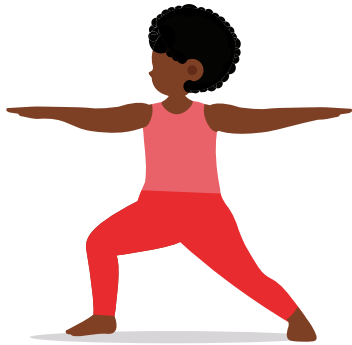


SEAT FOLD



WARRIOR II

BINGGO



WARRIOR II



DOWNWARD DOG



CRESCENT



CAT POSE



CHILD'S POSE



COBRA POSE



BRIDGE POSE



CAMEL POSE



TRIANGLE

BINGO



LOCUST



BRIDGE POSE



TRIANGLE



CAMEL POSE



BOW POSE



DOWNWARD DOG



TREE POSE



COW POSE



FORWARD FOLD

BINGO



CHAIR POSE



SEATED FOLD



CAMEL POSE



HALF CAMEL



LOCUST



CRESCENT



BIRD DOG



CHILD'S POSE



TABLE TOP

BINGGO



COW POSE



WARRIOR II



TABLE TOP



SEATED FOLD



HALF CAMEL



FROG POSE



TRIANGLE



LOCUST



CAT POSE

BINGO



HALF CAMEL



LOCUST



FORWARD FOLD



DOWNWARD DOG



TREE POSE



BIRD DOG



FROG POSE

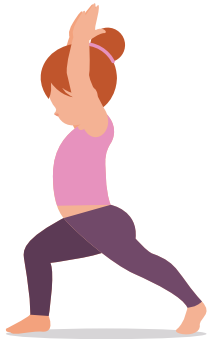


BOW POSE



BRIDGE POSE

BINGO



CRESCENT



HALF CAMEL



FROG POSE



CHAIR POSE



WARRIOR II



SEATED FOLD



CHILD'S POSE



COBRA POSE



DOWNWARD DOG

BINGO



BIRD DOG



FORWARD FOLD



COBRA POSE



LOCSUT



TABLE TOP



CAT POSE



BRIDGE POSE



TREE POSE



CAMEL POSE

BINGO



COBRA POSE



TREE POSE



COW POSE



CHILD'S POSE



FORWARD FOLD



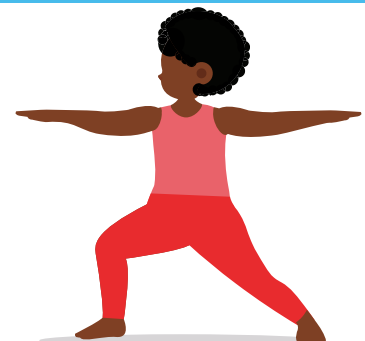
CHAIR POSE



BOW POSE



CAT POSE



WARRIOR II

BINGO



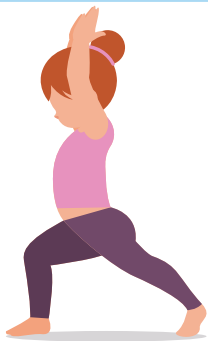
DOWNWARD DOG



CAMEL POSE



BRIDGE POSE



CRESCENT



BIRD DOG



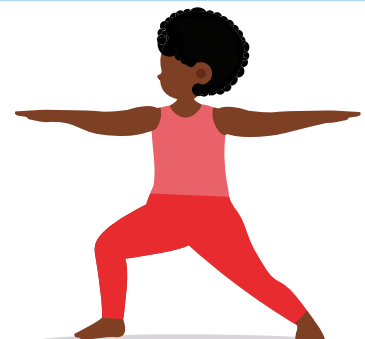
FROG POSE



FORWARD FOLD



TREE POSE



WARRIOR II



COW POSE



TRIANGLE



BOW POSE



DOWNWARD DOG



HALF CAMEL



LOCUST



CAT POSE



CAMEL POSE



FORWARD FOLD



SEAT FOLD



CHILD'S POSE



TABLE TOP



TREE POSE



CHAIR POSE



WARRIOR II



CRESCENT



BIRD DOG



COBRA POSE



BRIDGE POSE



FROG POSE