

The Rainbow Kids Yoga ABC Play Cards

Yoga is wonderful! It is soooooooooooooooooooooo good for you, and it can also be a lot of fun! Yoga can be a tool to learn anything--even the ABC's--all through moving your body in different poses. These poses will improve your coordination and body awareness and will make you stronger and more flexible.

Below you will find many fun games that you can do with The Rainbow Kids Yoga ABC Cards. The games listed are organized by level of difficulty. Kids that don't know the ABC's at all can play some of the games as well. It is a gentle and fun way of getting familiarized with the letters, their sounds, what they look like and how they feel when we make them with our bodies. Other games require more advanced spelling skills.

We have no doubt that as soon as you start making the letters with your bodies, your creativity will fountain from inside and you'll come up with many more fun ways to use the cards. So feel free to write to us at info@RainbowKidsYoga.net and share your ideas and experiences.

We hope that the cards will make your learning and moving a fun endeavor that will bring you all closer together!

Lots of love from us at Rainbow Kids Yoga

1. **Memory Game:** (requires 2 decks)

Even kids who are totally unfamiliar with the ABC's can play this game, and it's a fun way to start exploring the letters!

- Look through the deck and pick out pairs of the same letters to play this game with; you probably won't want to use all 26 pairs – 10 pairs should be enough to start with.
- Place the cards face down in the center of the circle and turn over two cards at a time.
- Every time a matching pair of yoga letters turns up, everyone practices the pose together.
- There are no points and no two turns if you find a pair in this game. If you don't find a pair, that's great too. Try to remember where the cards are so that the chances of finding matching pairs will be greater.

2. **Yoga Letters Music Freeze:**

- Spread as many yoga cards as you want around the room, facing down.
- Turn some music on and move freely to the sounds. Whenever you stop the music, each player goes to the card closest to her, turns it over, says the letter and does the pose that's on the card.
- When the music starts again, each kid turns his card face down and continues to move around the room until the music stops again.

3. **The Story Teller:**

- Sitting in a circle, place the cards face down.
- Move clockwise or counterclockwise. Each participant picks up a card, says the name of the letter, and does the pose (or even better, everyone can do the pose together).

- During their turn, each person should tell a short story that includes the animal/being on the card or another animal that starts with the same letter.
- Now it's the next person's turn in the circle to choose a card, do the pose, and continue the story where it was left off.

More fun in this game...

- After everyone in the circle has had their turn, the group can stand up and retell the story while doing all the poses one after the other.
- Go back through all the poses that were mentioned in the yoga story and string them into a new Sun Dance (kids Sun Salutation). You can give the story a name and call your new Sun Dance by this name too.
- As a variation, each person can make up his own independent short story about the card or cards they have selected.

4. Hiding Yoga Cards:

- Organize all the yoga mats in a circle.
- One person (like a teacher or parent) hides one card under each mat (Try to do this in secret before other's come into the room!).
- After everyone is seated, guide the players one at a time to look under their mat and discover what letter/pose is hiding there. Once each card is revealed, everyone can perform the pose together. Continue until all the cards are revealed.

More fun in this game...

- After all the cards are revealed, you can do all the poses together in a flow, creating a new Sun Dance.
- After all the cards are revealed, play the Yoga Path game (see next).

5. Yoga Path:

- Organize the yoga mats in a row or a circle.
- Place a card facing up on each mat.
- Each participant does the pose that's on their mat, and when instructed moves down the yoga path to the next space in line and does the pose that's on the next mat.
- Continue moving one mat forward until everyone has done all the poses and gets back to their space.

More fun in this game...

- You can place the cards by order of the letters or spell some words for the players to discover.

6. Yoga Sculpture:

- In pairs, one player is the Sculptor while the other is the Clay.

- The sculptor receives or chooses a card, which he does not reveal to his partner who starts as a lump of clay resting in Child's Pose (kneel down and fold forward to make yourself into a small ball. Forehead should rest on the floor while your arms lay relaxed beside your body).
- The sculptor slowly molds his clay into the pose on the yoga card. He can check and compare with the card to see if the pose is similar. The clay should not move on its own, but only be moved by the sculptor.
- When the sculptor is done, she can check with her partner or with the rest of the group to see if they can recognize the letter that has been sculpted. Then switch roles.

More fun in this game...

- The sculptor can kneed the lump of clay by massaging him before he starts to mold him into the pose.
- Instead of molding the clay with one's hands, the sculptor can use an imaginary thread which is tied to the clays body parts in order to move them.
- The sculptor can give verbal instructions for the clay to move their limbs into different positions instead of moving them physically – A great opportunity to learn about the body parts, right and left, and how to give verbal instructions!
- Alternatively all the players can be the clay and the teacher or parent can be the sculptor. This is a great ways to gently and slowly adjust the kids into better and more comfortable poses.
- Try Yoga Mobile as a variation (see below).

7. Yoga mobile:

- Same as Yoga Sculpture, but this time the clay will have moving parts.
- The sculptor guides the clay how they should move by moving their body parts in the way he desires, and then the clay continues to move on their own. For example, the sculptor may want the clay to have a swinging arm. The sculptor will get the clay's arm to start swining, and then the clay continues to swing it on his own.

8. Yoga Museum:

- Each player draws a card from the pack.
- Players then assume the letter/being on their card.
- They need to arrange themselves as if in a museum, standing as still as statues, but they can be artistic by combining or attaching themselves to other letters/beings.
- The teacher or parent can now go and admire the beautiful creations in the Yoga Museum.

9. Yogi Says:

- One of the kids will be The Yogi and will draw a card.
- They will then say, "Yogi says, do the ____ pose", and everyone will need to follow.
- If he doesn't say "Yogi says" before his command, you don't do the pose
- The Yogi will try to confuse the players by only saying "Do the ____ pose", so be alert!
- Everybody gets a chance to be The Yogi.

10. The Fortune Teller:

- Fan out the cards in your hands.
- Each player chooses a card from the deck and the whole group does that pose.
- The person who has the deck in hand tells the whole group, or whispers in one player's ear, a good fortune that's going to come to them... try to relate the fortune to the letter on the card:

"Oh! I see that you got the "F" card... it must mean that you are going to be Famous, and your name and fame will be spread around the world like Flocks of Flamingo birds"

11. Yoga Phone:

- Everyone sit in a circle or a line.
- One player picks a card and makes a word or a sentence with a positive message about the picture on the card.
- They whisper it to the person next to them and assume the card's pose with their body.
- The message is passed from one kid to another around the circle or down the line. When each kid finishes passing the message, they do the letter's pose and stay in it.
- See how much the message changes or "evolves" by the time it returns to you or reaches the end of the line.

More fun in this game...

- Teacher or parent can use Sanskrit words or words from other languages, or Latin names of animals or plants. Tell the players the meaning of these words at the end of the round.
- Play the same game but replace whispering with drawing a letter, a word or a picture with your finger on the next person's back

12. Letter Tribes:

- Designate four different yoga cards to the four corners of the room (you can also play it with more cards).
- One person—parent or teacher—whispers the name of one of the letters that have been placed in the room to each of the kids.
- The players then find the rest of their herd, which they will identify by assuming their card pose, and together move like their letter's animal/being toward their designated corner.
- Repeat as many times as you like using different letters.

Another fun way to play this game...

- One person stands near each letter card in the room.
- All the other players start in the centre of the room with their eyes closed.
- Leader whispers the name of one of the letters that has been placed in the room to each of the kids.
- The players that are already near the cards start to call out the name or the sound of the letter they are standing by.

- All other players need to find their letters by listening to the calls and moving towards them by using their ears, not their eyes.
- When everyone reaches their station, they do the yoga pose of their letter.

13. Earth Water Sky Yoga:

- Divide the cards into three piles:
 - One pile of earth cards (animals or creatures that live on the earth)
 - One pile of water cards (animals or creatures that live in the water)
 - And one pile of sky cards (animals or creatures that live in the sky).
- Standing in a circle:
 - “Earth” is the yoga mats
 - “Water” is the space in the center
 - “Sky” is the space outside the mats.
- Arrange the cards face up in the relevant spaces.
 - When the teacher or leader says “earth,” everyone does a yoga pose of an “earth’ card on their yoga mat.
 - When the teacher says “water,” everyone does a yoga pose of an animal that lives in the water in the center of the circle.
 - When the teacher says “sky,” everyone does a yoga pose of an animal that lives in the sky in the space outside the mats.

More Fun in this game...

- You can even add “outer space”!
- You can check the temperature of the water with your foot before beginning the game.
- Confuse the playes by repeating water, earth or sky a few times before switching.
- Switch between earth, water and sky very fast or very slow.
- Let one of the players lead and say earth and water.
- Play the same game with everyone holding hands.

14. Yoga Riddles:

- Make up a riddle about one of the letters, poses or animals.
- For example:
 - “I have no end and no beginning, and when people finally understand something they say my name” (“O”).
 - “What stands on one leg, always stays in the same place and drinks lots of water?” (If you couldn’t guess – it’s the tree).
 - “I sound like a letter of the Alphabet and have no hands or feet.” (The snake, of course!)
- If the players know the answer, they don’t answer with words, but with their bodies by actually doing the pose.

- Each player should invent riddles to ask the group.

15. Follow me:

This game works like a giant Mexican wave.

- Arrange the yoga mats in a circle.
- Each player is dealt a card face down.
- The game starts by someone turning over his or her card and doing the revealed pose.
- The person next to them does the same pose and this continues around the circle.
- Then the next person turns over their card and the pose goes around the circle again.
- All the participants hold the pose until a different pose reaches them with the wave.
- This continues until all the cards in the circle have been turned over.

More fun in this game...

- The wave can be made faster or slower.
- Arrange the cards in order of the alphabet.
- You can also do this game in the classroom, either seated on your chair or standing beside it... or even standing on your chair if your schoolteacher is cool enough!

16. Yoga Instructor:

- Standing in the circle, each participant in turn receives a card that he does not reveal to the group.
- He then needs to guide the group, using his own words (without demonstrating), into the pose without telling them which pose it is.
- If he is a good yoga instructor everyone will understand and will come into the correct pose and will be able to guess the letter. If not... it's even funnier!

More fun in this game...

- Play the same game by dividing into pairs or other small groups; one person will be the yoga instructor and the other or others the yoga students... then switch roles.

17. Letter soup:

- Participants stand in a circle and one by one pick a card from the deck. They show the card to the group and then have the whole circle perform the yoga card letter/ pose
- The player who drew the card must think of an ingredient for the soup that starts with that letter and stand in the middle of the soup bowl in the pose of their ingredient (player invents the pose on the spot... but it must feel good in the player's body!).
- Then the next person picks a card.... What will be in the soup today?

18. Yoga Pictionary:

- One player chooses a card and draws an animal or an object that starts with that letter on the board or on paper.
- Everyone will need to try and guess which pose it is.
- Participants don't answer with words, but with their bodies by doing a yoga pose that resembles the animal or object.

19. 21 Yoga Questions:

- One of the players chooses a card, then they move into an animal or object that starts with the same letter that's on the card.
- All the other players need to question him/her until they discover which pose it is.
- The questions can only have yes or no answers (for example, "Is it green?" "Does it fly?" "Does it live underground?").
- The player that guesses correctly gets the next turn!

20. A is for Airplane Pose:

- One person (teacher or parent) picks a letter from the deck and shows it to all the participants.
- Participants are asked which letter it is.
- Leader asks players which pose or animal starts with this letter (you can start with the animal/being that's depicted on the card) – then, all together, all players make the letter with their bodies and the pose that starts with that letter.
- You can have more than one pose/animal that starts with the same letter – try to find as many poses as you can for each letter.
- Go through the whole alphabet.
- Advanced spellers can try to spell the whole name of the pose with their bodies.

21. Yoga Spell Train:

- Deal out all the cards to the players.
- One of the participants starts by putting one card down and writing the name of a yoga pose that starts with that letter on a board or a piece of paper. Everybody in the class does this pose.
- Then, the next participant who has a card that starts with the last letter of the word that's written on the board places their card down and writes another yoga pose starting with the last letter of the previous pose. The class does this pose and the marker/pen is passed along again.
- For example: caT turns into Tiger, tigeR turns into Rabbit, rabbiT turns into Tree and so on.
- You cannot repeat any words in the game; you just might have to invent some new poses!
- If you don't have any cards left to match the last letter of a pose, you can shuffle the cards that were put down and redistribute them evenly among the participants.
- The first person that is out of cards can be the winner, or just see how long the players can keep your yoga train going; can you fill up the whole board with poses?

22. Spell My Name:

- Each player, one at a time, says their name and spells it with their body (use the yoga cards for support).
- Then all the players together spell the name out with their bodies doing the letter's poses one after the other.
- Give a big cheer at the end of each name - YEAH!
- You can also add to it, and do a yoga pose that starts with the same letter that the player's name starts with.

23. Cheerleading Yoga:

Spell out a word with the ABC Yoga Cards, and using real pom-poms or imaginary ones, teacher or parent leads the players in a cheer to that word asking them to mimic you as you jump and cheer through many yoga poses. For Example:

- Give me a "Y"! – "Y"! (And players all do "Y" with their bodies)
- Give me an "O"! – "O"!
- Give me a "G"! – "G"!
- Give me an "A"! – "A"!
- What did we spell? – "YOGA" (participants line up to spell it with their bodies)
- I can't hear you. What did we get? – "YOGA"

24. Spelling Wizard:

- Pick a card, and with an imaginary magic wand or a real one, turn little groups of your friends into words that start with that letter.
- In total silence, in a magical way, your friends will need to line themselves up to spell the word you turned them into with their bodies.
- When the words have magically appeared, you can pass the cards and the wand to another person in the group.

A more simple variation for the little kids:

- Pass the 'magical deck of cards' around the circle and each player either picks or draws a card.
- Each player takes turns saying, "With my magic I will turn everyone into _____".
- And everyone follows by becoming that being or letter through yoga.

25. Spell Yoga:

When you learn a new word in the classroom or at home, you can reinforce it by moving through it's spelling. For example:

- As a teacher, have the whole class do one letter poses at a time to spell the word.
- Choose one child to spell the word pose after pose.
- Choose a group of kids (as many as the letters in the word) and have them line up in the poses corresponding to the word to spell it in full.

26. Yoga Scrabble: (require 3 decks or more)

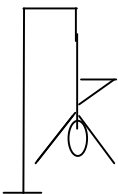
- Place whole deck of cards facing down, and each player takes seven cards.
- To start the game, the first player uses two or more cards to form a word that they can make a yoga pose out of (really, any animal or object can become a yoga pose). The first word is placed down horizontally, the player does the pose, then the player replenishes his stack of cards with the number of cards used (so all the players have seven cards at all times).
- The players alternate making words, placing their cards either horizontally or vertically. The new word placed down needs to use one of the letters that is already spread on the floor.
- The game ends when all of the cards in the deck are gone.
- The winner is the person who created the most word and pose combinations, or if you don't want a winner, all of those that did poses (everyone) can be the winner.

27. Yoga Spell Checker:

- Each player gets a card and has to assume the letter's pose with their body.
- Then, all players move around the room while still in their letter shape, and find a few friends to spell a word with.
- One leader (parent or teacher) can go around and make sure that the spelling is correct!
- Alternatively the leader can arrange players into fun and silly words too!

28. Hang the Yoga Man:

- The first player picks one card from the deck
- On a board she draws lines to match the number of letters contained in the name of the pose she chose from the card deck.
- If the correct letter is said by one of the other players she writes it on the board in the appropriate location.
- If the letter is incorrect, she draws a part of the yoga hangman. The yoga hangman is hanged upside-down in the tree pose (don't try this at home!).
- When either the name of the pose is complete on the board, or the yoga man is hanged, everyone performs the pose that was selected from the deck.



29. ABC Sun Dance:

- One player chooses a fun word, maybe a really long word or a super silly word.
- Players place the Yoga ABC Cards in a row to spell that word.
- Players then do the poses in that order, saying the letters that spell that word as they do them.

- Then, players continue to spell the word with their body again and again; Players have created a new yoga flow (like a sun salutation) to the word!
- Let the flow be what it is regardless of how “weird” the transitions are; try to make it as beautiful and flowing as possible but allow it to be funny.

30. Yoga Spelling Mirror:

- In pairs, one player receives or chooses a few cards that spell a word or even a short sentence. He does not reveal them to his partner.
- In complete silence he slowly comes into the poses one after the other to spell the word with his body while his partner mirrors him.
- To mark the end of a word, partners can look into each other eyes and take a deep breath together.
- Players continue spelling the word silently using their body until partner recognizes the word and says it out load.

31. Spell It First:

- One of the players in the group picks a card from the deck and says a word that starts with that letter.
- All the players need to find enough friends to spell the word out with their bodies.

More fun in this game...

- If it’s a big group, the game can be made a bit more competitive by having the first group that spelled the word correctly be the winner.
- If there are any players left without a letter to spell, they can be punctuation marks like a period, an exclamation mark, a question mark, or even an underline.
- If there aren’t enough players to spell a word, some players can be two letters and mutate repeatedly from one letter to the next.

32. Letter/ Animal/ City/ Country:

- All players need a piece of paper and a pen.
- Everyone sketches the graph below on his or her piece of paper.
- Choose the titles, they can be as serious or funny as you like.
- The graph needs to be filled with only words that the players can create or invent a yoga pose for.
- Shuffle the deck and the card; the top card is the letter that you start with.
- Whoever fills up their words first can be the yoga instructor; they get to teach the yoga poses that they filled in to their friends.

Letter	Animal	City	Country	Food	Transport	Object	Name	Sport	Singer	Vegetation
E	Elephant	Edinburgh	England	Egg	Escalator	Electric Socket	Emily	Egg and Spoon Race	Eminem	Echinacea
O	Octopus	Ohio	Oman	Orange	Ostrich	Oven	Oliver	Olympics	Ozzy Osbourne	Orchid
D	Dog	Dallas	Denmark	Danish	Dune Buggy	Doll	Delphin	Diving	David Bowie	Dandelion