

YOGA GAMES

PRESENTED BY: ALLISON TIPLER

SESSION DESCRIPTION

Mindful, fun and student tested and student approved yoga games that can be used in socially distant and online classroom settings for elementary (k-6) classrooms.

Delegates will leave this session with:

- 1.) 10+ yoga activities that can be implemented in the classroom the very next day
- 2.) 19 FREE yoga cards. Visit www.funwithcomposers.com to download the Free Music 'n Yoga Lesson for access.

Use promo code: FabFun21 for 10% off



Fun with Composers

Subscribe to our YouTube channel for free lesson ideas, yoga, movement, music and more.



Twitter: @Funwithcomposer

Website: www.funwithcomposers.com

YouTube: Fun with Composers

E-mail: allison@funwithcomposers.com

YOGA GAMES AGENDA

PRESENTED BY: ALLISON TIPLER AND DEBORAH ZIOLKOSKI

**1.) Hi and Hello and
Introduction**

2.) Why Yoga? Why games?

3.) Yoga Games and Activities

4.) Free Yoga Cards

THE ACTIVITIES:

1.) Hi and Hello (Primary)

2.) Traffic Lights (Junior)

3.) Movement Detective (Primary)

4.) Pose Detective (Junior)

5.) Compass Rose Yoga (Junior)

6.) Dice Yoga Math (P/J)

7.) Rock, Tree, Bridge (P/J)

8.) School of Fish Mirror Game/Buddy Mirror (P/J)

9.) A-Tisket-A-Tasket (Primary)

10.) Eh Soom Boo Kawayaya (P/J)



1. HI AND HELLO

Focus

- Socialization, Name Game, Energy booster
- Responding to form through movement (binary), Fermata, C major scale introduction, or C pentatonic improvisation

Materials Required

- FWC Yoga Cards, or other movement visuals
- Pitched percussion (optional) or non-pitched percussion/found sound- (optional)

Process

- 1) Begin with the A section and teach hand jive body percussion through "echo" process. Number each action: 1,2,3,4,..
- 2) When hand jive is secure, challenge students to keep performing the hand jive while the teacher performs the A section Chant.
*Note I do not teach the chant by rote right away, let students experience the game first.
- 3) Teacher inserts a yoga pose from the board into the chant.
- 4) Continue straight into the B section singing "one, two three four..." and hold the yoga pose. Students perform the pose that was said in the A section.
- 5) When the fermata is over, and the teacher begins singing the second part of the B section, students come out of the yoga pose, and get ready to complete the A section hand jive again.
- 6) During each A section, the teacher can select a different yoga pose. Teach the chant by rote.
- 7) On the next day, during the B section- insert the name of a student. That student will say the name of the pose during the next A section.

Primary Adaptations

- A section, use the alternative body percussion.
- B section, set up the instruments in C pentatonic (remove F's and B) and students can improvise counting to the number eight. Or use found sounds and play on the beat.

Other Extensions

- B section: Students can play the xylophone part: C major scale. Can also adapt this to play on recorders, boomwackers or tone chimes
- Instead of playing a xylophone, use a drum. To limit use of instruments, use found sounds

Hi and Hello

Composed by: Anne Tipler
Arranged by: Allison Tipler

A

B

LAND ACKNOWLEDGEMENT

I would like to acknowledge that
I am on the traditional territory
of the Mississaugas, of the Credit First Nation.



ALLISON TIPLER

- Elementary music teacher (K-5) in the Peel District School Board in Mississauga, Ontario since 2006.
- She is passionate about teaching music using the Orff Approach.
- Orff Levels Instructor- Movement at the Royal Conservatory of Music in Toronto
- Power Yoga Canada Instructor and Little Pretzels Instructor (2012) and she is a Baptiste Certified Yoga Instructor.
- Published “Fun with Music ’n Yoga Adventures” alongside Deborah Ziolkoski and Nicole Lafraneire in June 2020. A playful Teachers Guide which brings students around the world on adventures through music, social studies and yoga.
- Works with Deborah Ziolkoski and the FWC team to create over 50+ video lessons avail. on the Fun with Composers YouTube channel.



DEBORAH ZIOLKOSKI

- Deborah Ziolkoski is an elementary music specialist in the Surrey School District in B.C., and has over thirty years' teaching experience.
- Designed the teacher-guided activities for the VSO Elementary School Concerts. Her Orff Club performed live with the VSO for over 100,000 children.
- published the Fun with Composer Teacher Guides and Just for Kids Guides. These teacher resources have been integrated into curriculums across North America and abroad.
- Publishes teaching resources for highly respected and recognized teachers/clinicians Sue Harvie -F-U-N 'n Games Galore and Allison Tipler -Fun with Music 'n Yoga Adventures! All FWC resources are available in digital format and are streamed off the Fun with Composer website.
- Allison Tipler and the FWC team have also created over 50+ video lessons avail. on the Fun with Composers YouTube channel. Zoom Video workshops, lesson plans and activity pages are available at www.funwithcomposers.com.



WHY GAMES?

1.) Builds imagination and creativity

2.) Fosters cognitive growth

3.) Emotional and Behavioural Benefits

4.) Facilitates group interaction

5.) Encourage independence and risk taking

6.) Learning!



WHY YOGA FOR KIDS?

1.) Can help manage anxiety and emotional regulation

-Breathing and relaxation techniques

2.) Improves balance, strength, and flexibility = personal empowerment

3.) Can boost self esteem

4.) Can enhance concentration and memory

-Different types of moves like cross lateral-upper lower, body side help exercise the brain—both of which can translate over into their academic performance.

5.)Increases focus. Increases blood and oxygen flow to the brain. Blood and oxygen are food for the brain. Deep breathing and movement encourage focus.

6.) Can increase body awareness and mindfulness



2. TRAFFIC LIGHTS

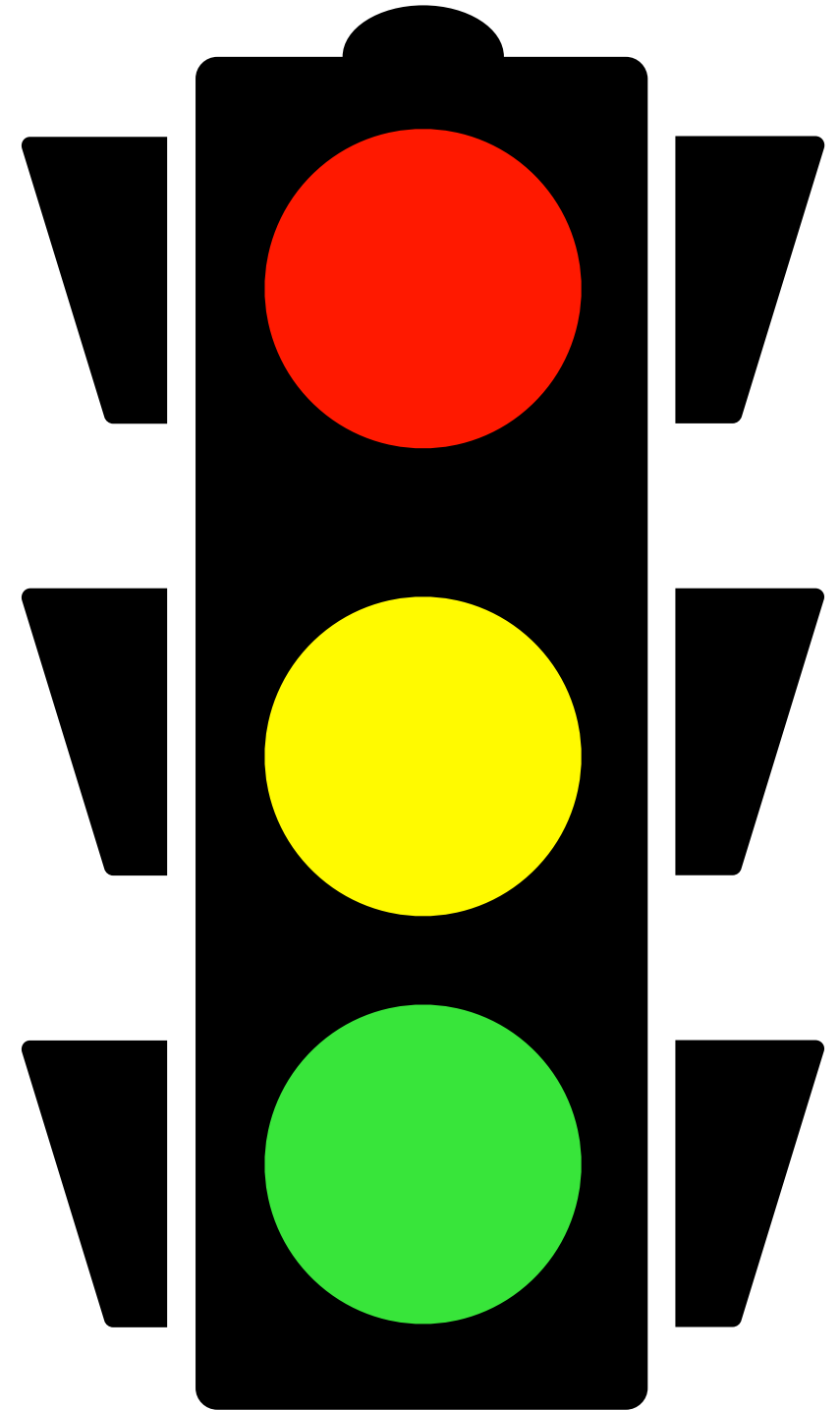
GAME

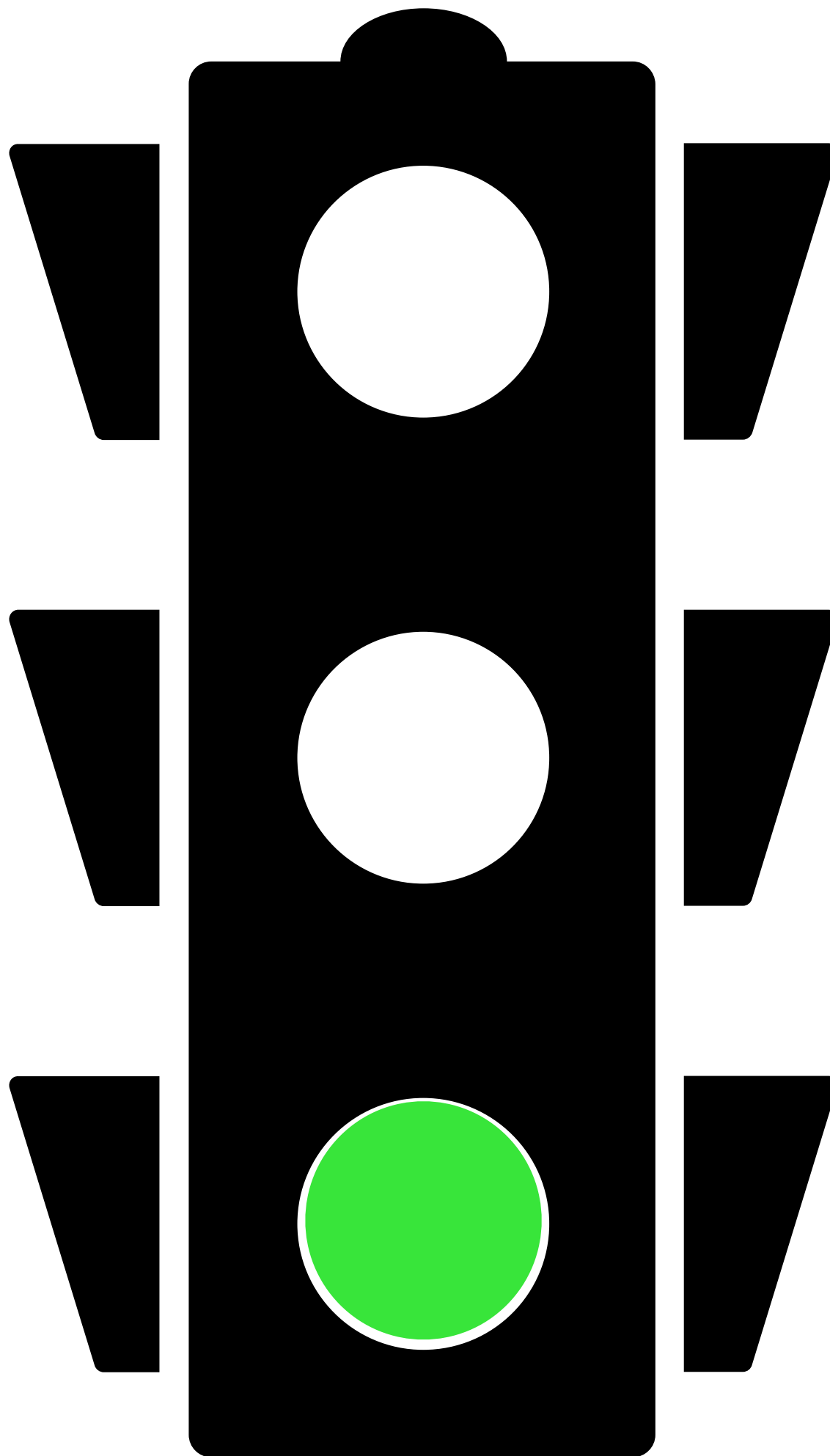
Formation: Standing on spot, or large outdoor space

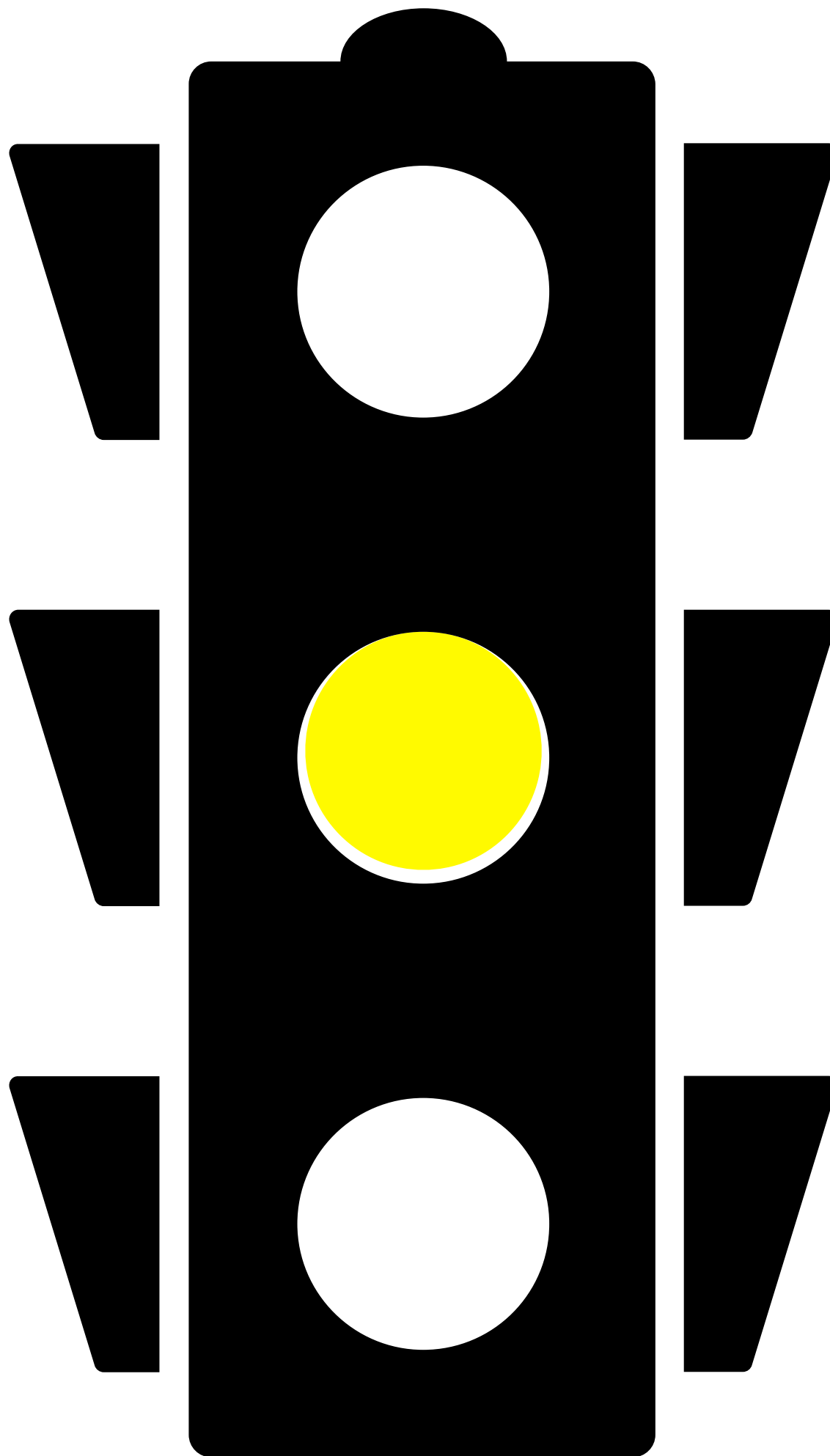
Materials Required: Yoga pose cards, and music (optional)

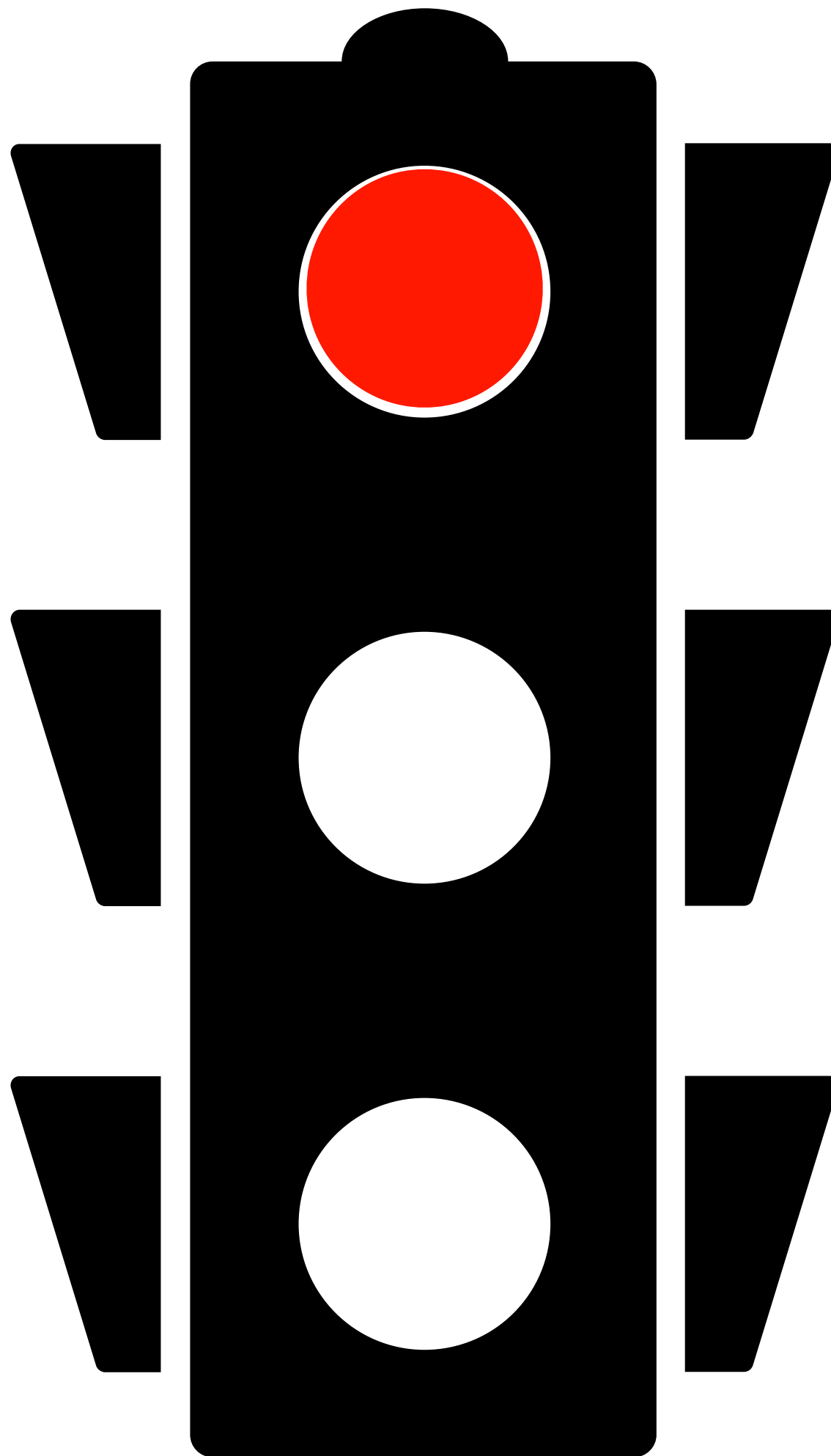
- Teacher stands at the front holding yoga cards or with slide show of poses ready
- Teacher calls out “green,” “yellow,” or “red”
- “Green” = hop on spot
- “Yellow” = walk slowly through quicksand towards the teacher
- “Red” = freeze in a yoga pose from the board or teacher can hold up the card

To reward students who are following directions, choose a student to hold up the yoga card.









3. MOVEMENT DETECTIVE



3. MOVEMENT DETECTIVE

PRIMARY VERSION

Formation: Scattered

Materials Required: Yoga cards

- Display the yoga poses on the board and review. One student is selected to be the leader and the rest of the class are the detectives. The leader chooses a yoga pose from the board and performs the pose while the class sings the song:

Vaida Vaida* show us how!
Raise your hand to guess it now.

* Change name of student each time

- The detectives decide what pose the leader is doing and raise their hand. The pose leader picks a detective to say what the pose is. The detective becomes the new pose leader. Repeat.



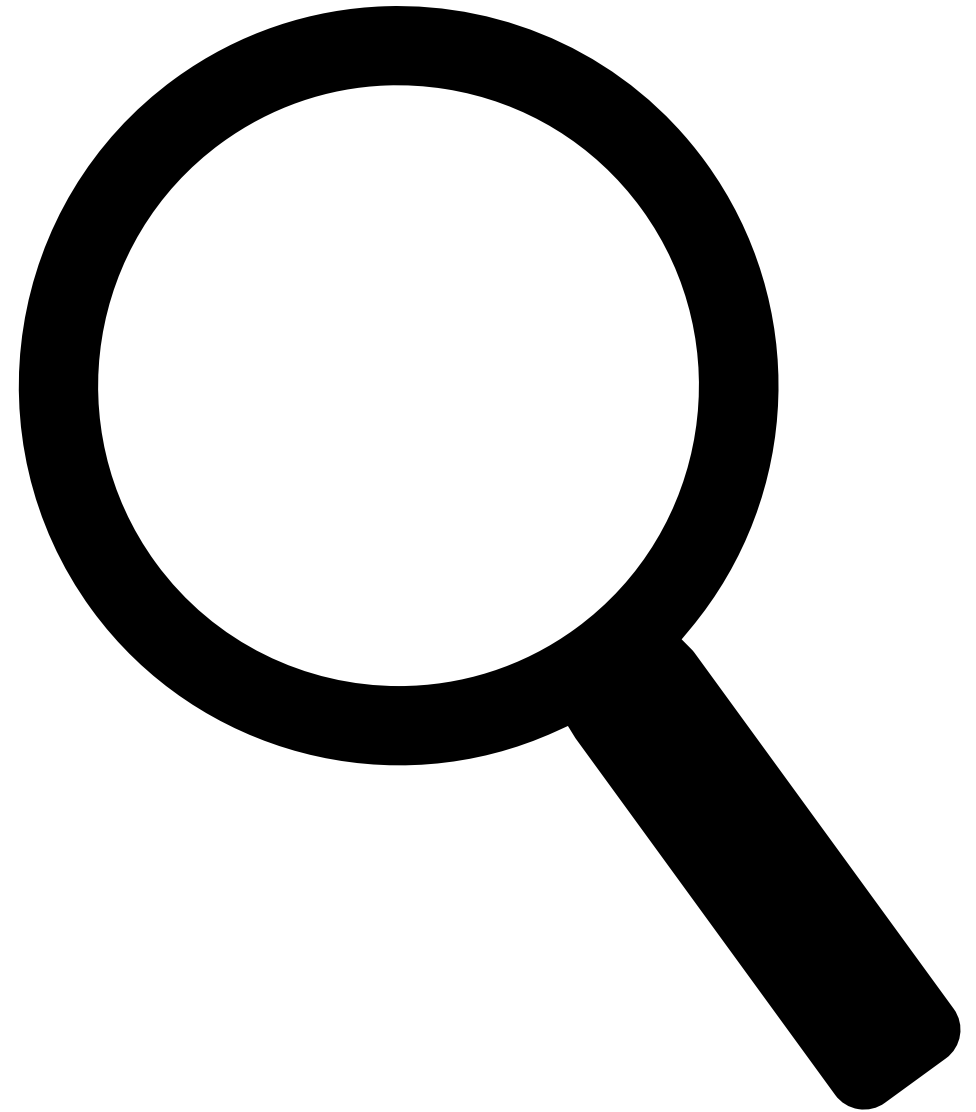
4. POSE DETECTIVE

JUNIOR VERSION

Formation: Scattered

Materials Required: Yoga cards

- Display the yoga poses on the board and review
- One student gets chosen to be the detective, and they go into the center of the circle or the hallway and close their eyes.
- The teacher selects a different student to be the pose leader. The pose leader strikes yoga poses and then the class copies
- The detective opens their eyes or come back in the classroom and start to figure out who is the pose leader
- The pose leader can change the pose when the detective is not looking and the class copies
- The pose leader will continue to change the poses until the detective has figured out who the leader is. The Detective gets three guesses.
- Repeat with new detectives and leaders. Keep track of who had a turn.



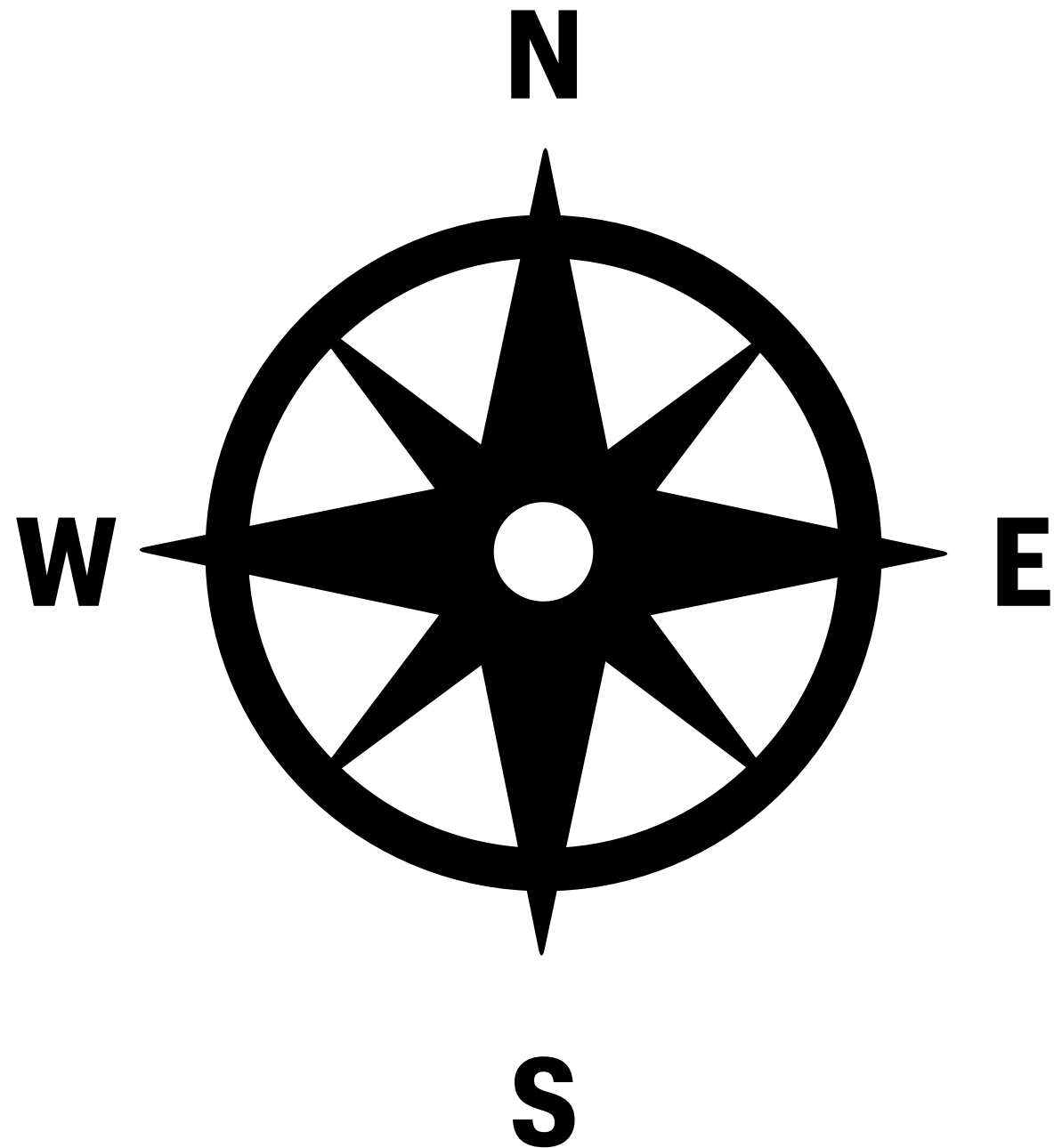
5. COMPASS ROSE YOGA

GAME

Formation: Large Open Space

Materials Required: Yoga Pose Cards

- Teacher or students designate a yoga pose for each of the four points on a compass rose. North, South, East and West.
- One student stands in center with eyes closed for the duration of the game
- All other students chose a “point” and take their pose
- Student in center calls out North, South, East or West.
- All students at that “point” must come and sit cross legged around the caller
- All other students run to choose a new corner
- Repeat until all students are sitting cross legged around the caller
- Play again with a new caller.



6. DICE YOGA MATH

Formation: Standing in pairs

Materials Required: Class set of dice, yoga cards

- Each pair of students has a pair of dice
- Teacher calls out a yoga pose from the cards on the wall
- Pairs roll their dice – younger students add them together, older students multiply
- Students must hold their pose for their total in seconds. Repeat.

To make this simpler for younger students, have one set of dice at the front of the class and students can take turns rolling the dice.



7. ROCK ,TREE, BRIDGE

Formation: Large open space in a line

Materials Required: **Child's Pose**, **Tree Pose**, **Bridge Pose** or **Downward Dog Pose**

- Review **Child's Pose**, **Tree Pose**, and **Bridge Pose** (or **Downward Dog**), and the order (rock-tree-bridge)
 - Students all stand in a line and the first student makes the rock (**Child's Pose**), tree (**Tree Pose**), and bridge (**Bridge Pose**)
 - One student walks around the rock, hop around the tree, and crawl under the bridge, then make the next shape in the correct order (rock, tree, bridge).
 - When the student gets to the end of the line the student turns into the next item in the pattern.
- Continue until everyone has passed through the chain.
- Challenge Activity:
 - a) Students can create a new version of this game using three new poses
- VARIATION:
- b) Add instruments/sound effect for each card



8. SCHOOL OF FISH MIRROR GAME

GAME

Formation: Scattered

Materials Required: Yoga Cards, triangle, music recording of your choice

- Display yoga cards on the board select one student to be the leader of “the school of fish” at the front of the class
- Play the music and the leader begins to strike poses from the cards and “the school of fish” follows
- When the teacher plays a triangle, the leader selects a new leader from the class. Continue until the end of the song.



BUDDY MIRROR

GAME

Formation: Seated in pairs

Materials Required: Music recording of your choice,
triangle or bell

- Display yoga cards on the board and the students are in pairs
- Student #1 becomes the movement leader and Student #2 is the mirror
- When the teacher plays the music, Student #1 begins and Student #2 follows
- When the teacher plays a triangle, the leader changes and Student #2 becomes the leader. Continue until the end of the song.

9. A-TISKET-A-TASKET #1



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SONG AND GAME

Formation: Scattered

Materials Required: Yoga Pose Cards arranged on ground, an envelope, recording of the song

- 1.) Put yoga cards on the ground in a circle. Add a “your choice” card.
- 2.) One student is “it” and walks around the circle holding an envelope. All other students sing song with the solfege hand signs. Refer to YouTube video for directions.
- 3.) “It” drops the envelope on the the first time we sing “dropped”.
- 4.) At the end of the song- perform two yoga poses. One where the envelope fell and the other card closest to where the person is standing.
- 5.) next person who is “it” is someone who was putting in an amazing effort “singing” the song with the solfege hand signs AND who was doing the yoga poses. Have a students stand at the front and choose this person. When out students can play instruments with pencils so no sanitizing.
More intrigue: two “it’s”



10. A-TISKET-A-TASKET #2

SONG AND GAME

Formation: Scattered

Materials Required: Yoga Pose Cards, recording of the song, and dice or spinning wheel

COVID VERSION Game:

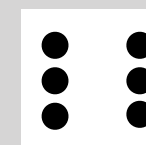
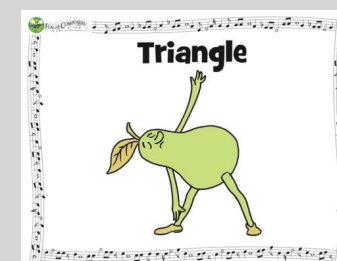
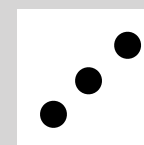
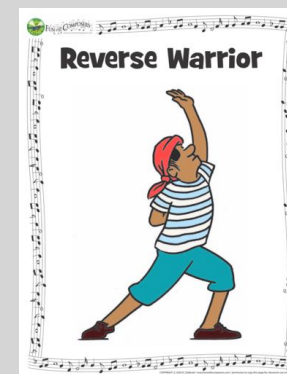
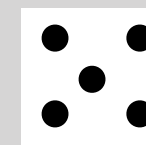
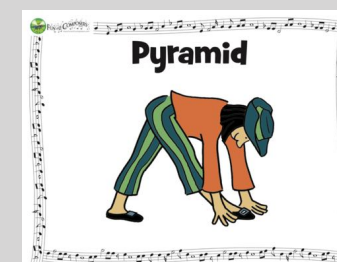
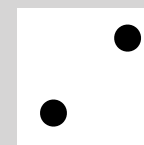
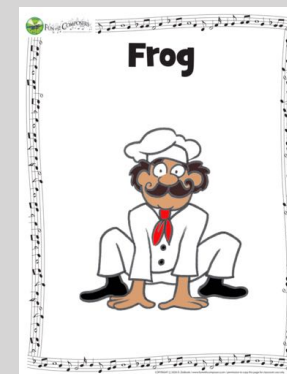
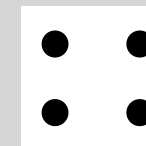
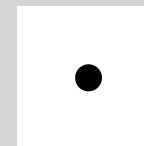
- 1.) Sit or stand at desks and have one student be the leader at the front of the class.
- 2.) Turn on the song for “A-Tisket-A-Tasket”. During the playing of the song, students can “dance party” while the leader points at each student. Alternatively, write everyone’s name on the chart and “it” can point at the chart.
- 3.) At the end of the song, the leader lands on one person. That person comes to the front of the room and rolls the dice or spins the wheel. Whichever number comes up, students perform the yoga pose for the corresponding number on the dice.
- 4.) Who ever rolled the dice becomes the new leader. Play the game again until everyone gets a turn. Change up the yoga cards for variety.



A-Tisket-A-Tasket #2

Materials Required:
Dice or picker wheel,
Yoga Cards labelled with numbers,
Recording of “A-Tisket-A-Tasket”

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20



<https://pickerwheel.com/>

11. A-TISKET-A-TASKET #3

Formation: Scattered

Materials Required: Yoga Pose Cards, recording of
“A Ticket A Tasket” by: Ella Fitzgerald

Freeze Dance Have students hold up a yoga card

12. EH SOOM BOO KAWAYA

SONG AND GAME

Download this song and game for free at:

www.funwithcomposers.com

Click on Fun wth Music 'n Yoga Adventure FREE
DOWNLOAD. Create an account.

When you download this activity you will also
receive 19 yoga cards FREE



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