

## Family Activities September Week 3 and 4: Yoga Musical Chairs

### Equipment

Pop, Hop & Rock™ Yoga  
Cards with pictures of kids in  
yoga poses  
Music



**Set Up** Place yoga cards with pictures of children doing yoga poses in a big circle. Ask each child to stand by 1 yoga pose. Review the yoga poses so everyone knows how to do them.

**Let's Play!** Start the music. While the music plays, children move around the circle. When the music stops, they look at the card closest to them and try to do the pose shown. (As shown in the photo, some poses are open to interpretation!)

**Change Up** For older children, teach them the names of the poses and have them say the names as they do the pose.

## Family Activities September Week 3 and 4: Sound Play

### Equipment

Random things that  
will make a  
distinctive sound  
when dropped like a  
tennis ball, a box, a  
spoon



**Set Up** Children stand in a line, shoulder to shoulder, with their back to you.

**Let's Play!** Children must face away and not peek. They may need to put their hands over their eyes. Drop the first item onto a hard surface off to one side of the room or area. Have children point to the direction the sound came from. Then, quietly move to a different spot and drop the same item. Have them point to where that sound came from. Then, have them guess what the item was. Repeat with other items.

**Change Up** For older children, don't let them see the items before the game. Make the items trickier to identify.