



Yoga Day

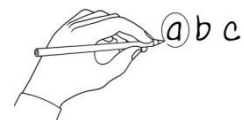
1. Match them up!



Match the words with the definitions.

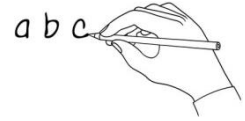
- | | |
|--------------------------------|--|
| a yogi | making you feel calm and comfortable |
| to give it a go | worried and unhappy |
| relaxing | a person who does yoga |
| breathing | a position that you stand, sit or lie in |
| a pose | to come from a particular place or time |
| to originate | to try something for the first time |
| the UN | the process of air going in and out of your body |
| to dedicate a day to something | an international organisation that helps to solve world problems |
| a health benefit | to say that a day is for celebrating or doing a particular thing |
| stressed | something that has a positive effect on your body or mind |

2. True or false?



Watch the video. Circle true or false for these sentences.

- | | | |
|--|---------------------------------------|-----------------------------|
| a. A 'downward dog', a 'lotus' and a 'cobra' are poses you do in yoga. | <input checked="" type="radio"/> true | <input type="radio"/> false |
| b. The children in the video are doing yoga for the first time. | <input type="radio"/> true | <input type="radio"/> false |
| c. Yoga started in the USA. | <input type="radio"/> true | <input type="radio"/> false |
| d. Yoga has existed for about 100 years. | <input type="radio"/> true | <input type="radio"/> false |
| e. The UN first started celebrating Yoga Day last year. | <input type="radio"/> true | <input type="radio"/> false |
| f. Experts say yoga is very good for your health. | <input type="radio"/> true | <input type="radio"/> false |



3. Fill it in!

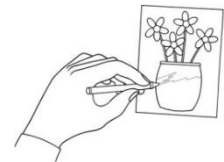
Watch the video. Complete the sentences.

poses	stressed	breathing
calm	relaxing	fun

- a. It was really relaxing and peaceful.
- b. You've just got to think about your _____.
- c. Yoga is cool because we do all these _____.
- d. Yoga is great _____.
- e. Yoga can help kids feel _____ and less anxious.
- f. If I get _____, I can just try yoga.

4. Write and draw!

Have you ever tried yoga or do you want to try it? Write about it and draw a picture!



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