

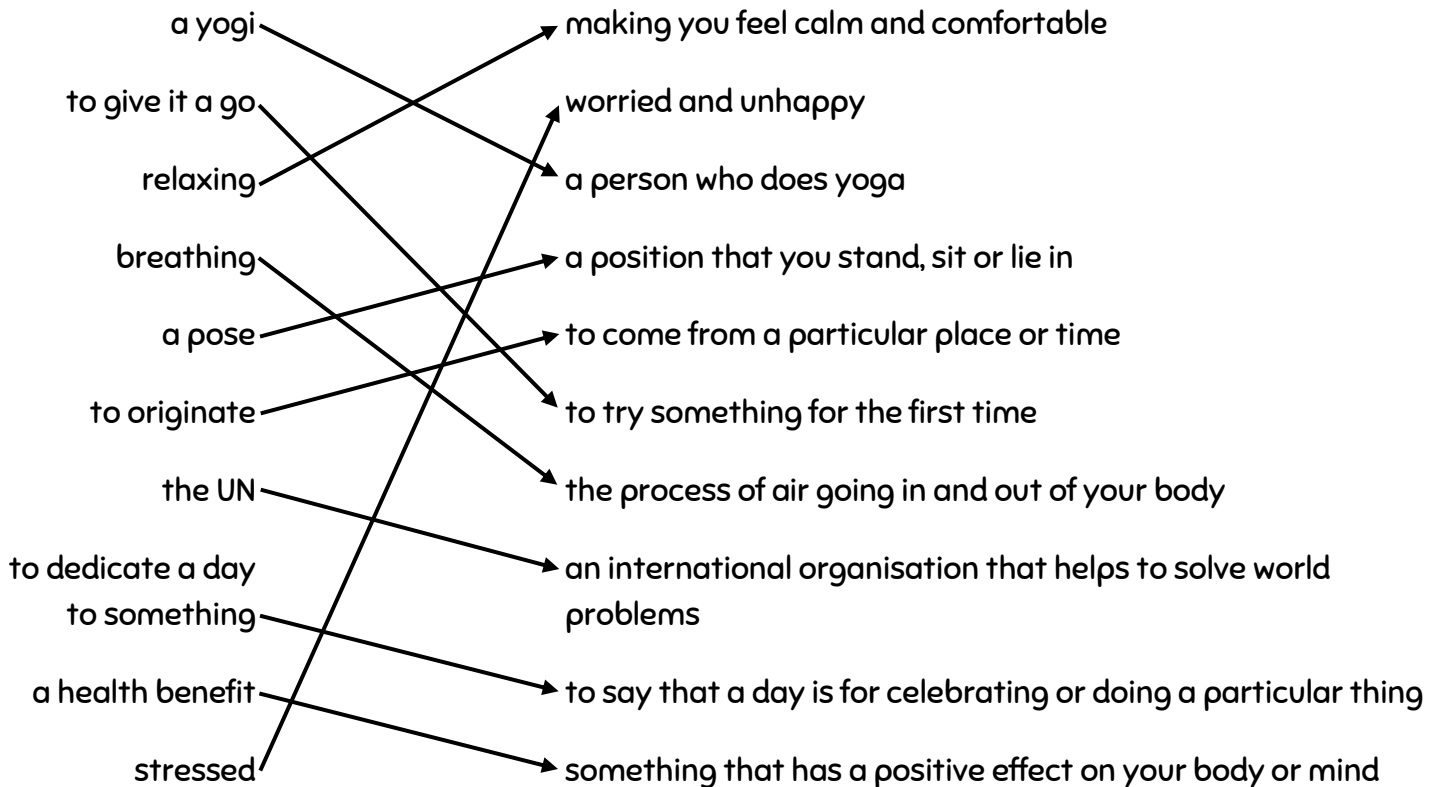


Yoga Day - ANSWERS

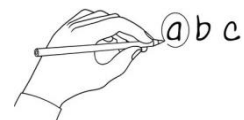
1. Match them up!



Match the words with the definitions.



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 checked="" type="radio"/> true | <input type="radio"/> false |
| c. Yoga started in the USA. | <input type="radio"/> true | <input checked="" type="radio"/> false |
| d. Yoga has existed for about 100 years. | <input type="radio"/> true | <input checked="" type="radio"/> false |
| e. The UN first started celebrating Yoga Day last year. | <input type="radio"/> true | <input checked="" type="radio"/> false |
| f. Experts say yoga is very good for your health. | <input checked="" type="radio"/> true | <input type="radio"/> false |



3. Fill it in!

Watch the video. Complete the sentences.

poses	stressed	breathing
calm	relaxing	fun

- It was really relaxing and peaceful.
- You've just got to think about your breathing.
- Yoga is cool because we do all these poses.
- Yoga is great fun.
- Yoga can help kids feel calm and less anxious.
- If I get stressed, I can just try yoga.

4. Write and draw!

Children write about whether they have ever tried yoga or whether they want to try it, and draw a picture.

