



## Partner Yoga

Yoga, which originated in ancient India, can be a fun way to connect. Challenge children to engage in poses with a partner. They will have to focus on their own body as well as keeping in mind what their partner is telling them or needs from them.

- ◆ **Wide-Leg Stretch:** Sit facing each other holding hands with legs spread. One partner gently leans back to stretch the other forward. Challenge them to describe how the movements feel so their partner is aware and listening.
- ◆ **Back-to-Back:** Sit back-to-back with arms intertwined. Try to sync their breathing. For extra challenge try to stand up in the pose.
- ◆ **(Advanced) Dancers Pose:** Facing each other, hold ankle in one hand (bent and lifted behind) and partner's hand (in front of you) in the other.

Provide alternative poses for children with limited mobility and/or balance and for those who may not feel comfortable touching or being touched by others. Model gentle and slow motions to guide children through comfortable movements. Incorporate props (blocks, towels, straps) to support mobility.