



# 1

## YOGA IS FUN

Yoga is learning in a fun, safe and playful way. It keeps us healthy and fit.

Its basic aim is to develop physical and mental strength. It makes us resistant to disease.

Yoga is not new to us. We have been doing it since our birth.

Watch a baby. Its natural postures are all yogic asanas.

You do many play actions which can be called yoga.



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## What is yoga ?

Yoga is an ancient art which was originated in India. Yoga means the practice of asanas (exercise).



I do yoga everyday.



Yoga is a good practice if one does in daily life. It helps to healthy life style and better life forever. The asanas teach us about balance. Yoga relaxes us. It helps us perform better in studies.





Tones the muscle

Increases the flexibility

Improves your bone health

Strengthens the immune system

Overcomes negative feelings such as jealousy, revenge, etc.

Helps you lose weight

## BENEFITS OF YOGA

Reduces the risk of heart diseases

Aids digestion

Balances the body and mind





# WORKSHEET

Day : \_\_\_\_\_

Date : \_\_\_\_\_

## Yoga Session

### A. Fill up the blanks.

birth    India    studies    life style    balance    healthy    fit

1. Yoga keeps us \_\_\_\_\_ and \_\_\_\_\_ .
2. We have been doing yoga since our \_\_\_\_\_ .
3. Yoga is an ancient art which was originated in \_\_\_\_\_ .
4. The asanas teach us about \_\_\_\_\_ .
5. Yoga helps to live healthy \_\_\_\_\_ and better life forever.

### B. Put a tick (✓) on Yes or No.

1. Only big children can learn yoga. Yes / No
2. Yoga means the practice of asanas. Yes / No
3. We should do yoga once a month. Yes / No
4. Yoga increases the flexibility. Yes / No

### C. Colour the clouds, that show the benefits of yoga green. Colour the other clouds red.

Improves your bone health.

Makes your thoughts negative.

Makes you obese.

Reduces the risk of heart diseases.

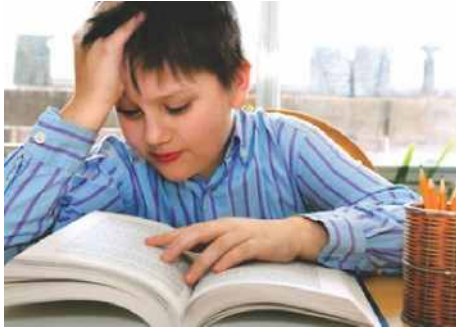
Tones the muscles.

Balances the body and mind.





**D. Tick (✓) the children who are doing yoga.**



**E. Read the slogan in classroom.**

**YOGA**  
**for Peace of Mind**  
**and a Better Body**

Teacher's signature : \_\_\_\_\_

