

YOGA FOR CLASS 1 & 2

1. What helps you feel strong, happy, and full of energy?

- A) Watching TV all day
- B) Eating good food, sleeping enough, and exercising
- C) Playing video games
- D) Eating only candy

2. What is the magical exercise that helps you stretch your body and calm your mind?

- A) Running
- B) Jumping
- C) Yoga
- D) Dancing

3. What is the first yoga pose mentioned in the video?

- A) Tree Pose
- B) Butterfly Pose
- C) Mountain Pose
- D) Downward Puppy

4. In Tree Pose, where do you place one foot?

- A) On your head
- B) On the side of your other leg
- C) On your arm
- D) On your tummy

5. What animal do you pretend to be when you "flap our wings" in yoga?

- A) A bird
- B) A butterfly
- C) A bee
- D) An airplane

6. What do you stretch for in the "rainbow stretch" pose?

- A) The sun
- B) The moon
- C) Rainbow colors
- D) The clouds

7. What animals do you become in the "kitty moo stretch"?

- A) Dogs and cats
- B) Cats and cows
- C) Mice and elephants
- D) Lions and tigers

ANSWERS:

- 1. B) Eating good food, sleeping enough, and exercising**
- 2. C) Yoga**
- 3. C) Mountain Pose**
- 4. B) On the side of your other leg**
- 5. B) A butterfly**
- 6. C) Rainbow colors**
- 7. B) Cats and cows**