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# Documentation

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**Activity: P4**

**Subject: ENGLISH, P.E**

**Activity number: 4**

**Name of the activity:  
HARMONY OF BODY AND SOUL**

**Place: School**

**Date: March 2019**

**Number of pupils: 65**

**Pupils age: 5 years**

## **Preparatory activities:**

Play, create, laugh, learn. Yoga games are a wonderful way to engage children, develop social skills and foster mental and physical health.



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**Activity:** Here are some fun yoga games for kids that not only teach children yoga, but also help support their learning and development.



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**Results:** This games supports children with their spatial orientation and helps their sense of direction and organization. They kept them relaxing.

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