



## Documentation

Activity: P4 Subject: ENGLISH, P.E Activity number: 4

Name of the activity: Place: School Date:March 2019

**HARMONY OF BODY AND SOUL** 

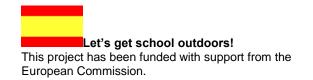
Number of pupils: 65 Pupils age: 5 years

## **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.











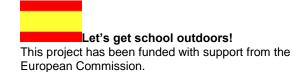






Let's get school outdoors!
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**Results:** This games supports children with their spatial orientation and helps their sense of direction and organization. They kept them relaxing.