



## 1. Color-the-Room

"Yoga is a wonderful way to stretch your mind and body. Let's play a yoga game called Color-the-Room. Reach out your hand and pretend to grab your favorite color crayon. As you breathe in, stretch your hand over your head as high as you can and draw three big, colorful circles. Feel the stretch on your sides. What colors do you see on the ceiling? Now draw in the opposite direction. Put that arm down, and raise the other arm and grab a color that makes you feel silly. Again, stretch up high and make three wide circles in each direction. How does the ceiling look?"

"Now, let's do the walls. Reach a hand out and grab a color that makes you feel happy. What color makes you feel happy? Draw a big circle reaching from over your head to the floor. As you move up, breathe in through your nose. As you move down, breathe out and bend your knees so they are soft. Do this three times, and then we can change colors and reverse direction."

"Then with the other hand, reach out and grab a color that makes you feel quiet. Draw the three circles, remembering to breathe. Now how does the room look?"

**Benefits: Opening with something silly allows the kids to feel the fun in yoga. It is a nice way to bring everyone together before formally beginning the practice with Easy Pose.**



Color-the-Room



Preview from Google books: <http://books.google.com/books?id=3k6BmczBg4AC&printsec=frontcover#v=onepage&q&f=false>

On Amazon.com: [http://www.amazon.com/Create-Yoga-Practice-Kids-Calhoun/dp/0865344906/ref=sr\\_1\\_1?ie=UTF8&s=books&qid](http://www.amazon.com/Create-Yoga-Practice-Kids-Calhoun/dp/0865344906/ref=sr_1_1?ie=UTF8&s=books&qid)

I often use laminated bulletin board accents as props during this warm-up. These are available at most teacher supply stores or online.