

Good Behavior in Yoga Group

Good behavior in Yoga Group means:

- I stay on my yoga mat
- I listen with my ears
- I watch what my yoga teachers are doing
- I try my best to do each yoga activity
- If I need help, I can ask a yoga teacher for help
- If I need a break, I can sit quietly on my yoga mat
- I use a quiet voice
- I keep my hands to myself

When I use good behavior in yoga group, the other children are happy because it is easier to see and hear the teacher.

It makes my yoga teachers happy when I use good behavior in yoga group.



I will try to use good behavior in yoga group.

