

ABC Yoga Position Descriptions

Supplies for activities needed:

- Alphabet Position Descriptions sheet
- Your body!

Activity Name: ABC Yoga

- School Readiness Outcomes (SRO) goals met:
 - Identifying letters in the alphabet
 - Copying, or writing identifiable letters
- Instructions
 1. Read the Position Descriptions sheet.
 2. While reading the sheet, use your body to create the letters.
- Extension Activity Ideas
 - Try to come up with new positions that create the letters when they are small (a, b, c, etc.)
 - Use your pointer finger and try to trace the letters in the air!

