

St Patricks Day Yoga Match Game

This game develops memory, cognitive ability and attention to detail while improving mind-body awareness through yoga skills and creativity.

How to Play

Print off, cut out and laminate the [St Patrick's Day Yoga Match Cards](#).

Shuffle cards and lay them out face down. Taking turns, invite one child at a time turn over two cards.

Version 1 – Do the yoga poses suggested by each card. If the cards match dance a jig. (This version takes longer as more poses are done and is more active/energizing.)

Version 2 – Only do the yoga poses on the cards when the cards match. (This version is faster to complete and is more calming.)

If the cards do NOT match flip them face side down. When the cards match remove them from the playing board and continue play until all cards are matched.



Poses

Rainbow:

Rainbow Breathing: Sitting or standing use your arms to trace a rainbow from one hip, up overhead, to the other hip: breathing in as you go one way, exhale on the return. Breathe each color of the rainbow in turn. IE: Breathe in red (arms go up and over). Breathe out red (arms return up and over). Breathe in orange (arms go up and over). Breathe out orange (arms return up and over). Etc.

Pot-o-Gold:

1) Cobbler's Pose (Baddha Konanasa) to make a pot. Dig your hand into the "gold" and joyously scatter it everywhere
2) Good Luck Cuddle: with a small/Mom & Tot class you/adults make a Pot-o-Gold as above and then have children one at a time sit in it for a cuddle while you say the poem:

"This pot of gold is just for you, to wish that all your dreams come true"

Shamrock:

Flower Pose – [See Video](#). Point out the 4 shamrock leaves: feet, knee, head and other knee.

Leprechaun:

1) Dance a jig, or
2) Sing the *Leprechaun Song* (tune of *I'm a Little Teapot*) with the actions

I'm a little leprechaun (*point to self*)
Dressed in green (*hands go from head to toe to show off clothes*)
I'm the tiniest man, you've ever seen
(*make a small gesture with hands/fingers*)
If you ever catch me, so I'm told (*imitate catching with both arms*)
I'll give you my pot of gold (*hands come out in front offering*)

- Oak Tree:** [Tree Pose](#) (Vrksasana)
- Balloons:** *Balloon Breathing* one round for each color of the Irish flag – green, orange and white.
- Marsh Marigold:** *Flower Breathing:* Imagine sitting in a field of wild flowers in bloom. Reach out a pick one, bringing it to your nose; take a deep breath inhaling the sweet fragrance. Exhale slowly. Repeat picking flowers from all around.
- Snake:** [Cobra Pose](#) (Bhujangasana)
- Rabbit:** *Bunny Breathing* for kids 2-8, [Rabbit Pose](#) (Sasangasana) for 8+
- Horseshoe:** Pretend to clean your hoofs and tap on new horse shoes, do both feet (aka: a gentle form of reflexology/acupressure)
- Badger:** Hero Pose with Gyan Mudra over eyes for badger's mask
- Fox:**
- 1) Energizing: Upward Facing Dog pose with yipping
 - 2) Calming: curling up to sleep with your fox tail (an arm) tucking you in and covering your eyes.