

YOGA **ed.**

## Brain Breaks: Chair Yoga Games



Back to School  
Toolkit

# MEDICAL DISCLAIMER

Not all exercises are suitable for everyone and it is recommended that you consult your doctor before beginning this or any exercise program. To reduce the risk of injury, never force or strain or attempt these exercises without the assistance of a trained yoga instructor. If you experience pain or discomfort during this exercise, stop immediately and consult your doctor. The instruction presented is in no way intended as a substitute for medical advice.

# GAMES

When students are given the freedom and flexibility to interact and express themselves, learning naturally takes place. Our games are designed to do just this. By encouraging students to explore their minds and bodies through creative play, Yoga Ed. games give them opportunities for deeper learning. The games allow students to practice and gain physical, emotional, cognitive, and social skills. Remember that games are simply structured situations for learning to take place. Allow their own experience to guide the games and stop when you notice a teachable moment.

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Students love games so use them generously as brain breaks, transition activities, rewards, energizers, organizers, or just for fun.

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## GO, STOP, BACK TO BACK

(Group)



### Directions:

The group spreads out in the room. When the teacher says “Go!” the students walk about the room briskly, taking care not to bump into one another. After one or two minutes, the teacher calls out, “Stop, back-to-back, (insert the name of a Yoga Pose).” All players must find the closest person they can and touch backs in the yoga pose called before the count of three.

### Teaching Note:

This game requires a large open space and an even number of students. If there are an odd number of students, participate in the game.

Some schools may have a “no-touch” policy, so it’s important that you check in with your school before playing this game.

### Skills:

- Cooperation
- Memory
- Physical awareness
- Spatial awareness

## MIRRORS

(Partner)

### Directions:

Students partner up and move their chairs to face each other. Each pair sits one to two feet apart facing each other and decides who will be the “mover” and who will be the “mirror.” Using different chair yoga poses, movers move into the poses slowly and smoothly while the mirror mirrors those movements. Movers can gradually speed up as long as the mirrors can follow. After two to three minutes, players reverse roles.

### Skills:

- Coordination
- Cooperation
- Focus
- Physical awareness
- Spatial awareness

## **READY, SET, ACTION!**

(Individual / Group)

### **Directions:**

1. Teacher reads a sentence to class.
  - a. Jog in place as if a big scary bear is chasing you
  - b. Walk forwards as if you're walking through chocolate pudding
  - c. Jump in place as if you are popcorn popping
  - d. Reach up as if grabbing balloons out of the air
  - e. March in place and play the drums as if you are in a marching band
  - f. Paint as if the paint brush is attached to your head
  - g. Swim as if you are in a giant pool of Jell-O
  - h. Move your feet on the floor as if you are ice skating
  - i. Shake your body as if you are a wet dog
2. Students act out each sentence for 10 seconds.

### **Skills:**

- Coordination
- Creativity
- Focus
- Imagination
- Physical Awareness
- Spatial Awareness
- Teamwork

## **STORY STARTER**

(Individual / Group)

**Directions:**

1. Teacher begins a story.
2. One at a time, students continue the story.

**Skills:**

- Cooperation
- Creativity
- Focus
- Imagination
- Teamwork

## YOGI(NI) BENDERS

(Group)

### Directions:

Students stand behind their chairs or in front of their desks. The teacher calls out the names of body parts, such as “one foot and one thumb,” “one heel and one hand,” “two knees,” “just your tummy,” etc. students place only those parts on the floor, chair or desk moving into shapes using the parts of their bodies the teacher calls out.

### Teaching Note:

This game requires chairs and desks, a large carpeted area or a wooden floor space,

### Skills:

- Coordination
- Creativity
- Memory
- Physical awareness
- Problem solving



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