

Yo Spy

(Ages 5 and up)

(Adapted from "I Spy" Yoga Game, Alleum Yoga)



This Game Helps:

Visual Processing
Motor Planning
sequencing/memory
descriptive communication
social skills

Fill a small box or drawstring bag with an assortment of small toys or animals (rocks, shells, crayons, cards, bendable figures etc. See photo).

Have the children sit in a circle and empty the items from the bag into the center of the circle so everyone can see them.

Begin by describing one of the objects: *"I spy with my Yoga Eyes something green that hops & lives in a pond"*

The other players try to guess the object-when someone guesses correctly [frog] they now lead the class in that pose. The object is removed and Play continues until only 3 objects are left.

This game can be varied in a variety of ways. For younger children, you can use simple colors as descriptions or the sound that animal makes or the beginning phonetic sound of that object.

PECS or simple photos or images from a magazine (laminated) can be used -or picture flash cards.

To make a "Yo Spy Math" game using flash-cards:

Have each player select a card & solve the math problem, then do that number of their favorite yoga pose or number of energy (or calming) breaths. (If they have trouble remembering their favorite pose, you can encourage the other players to help with suggestions!)

For more sensory games please go to: <http://www.bodylogique.com/SensoryGames.html>

For questions or to present a workshop to your school or group please contact Barbara@bodylogique.com

