

Write your special word in the blank. Then, try to spell your word using your body to make up yoga poses that look like letters!

## Did you know?

- Yoga is good for your body and your mind. Holding the poses makes your muscles strong, and deep breathing can calm you down when you are worried, frustrated, or scared.
- Yoga is about non-judgment. That means that anyone can do yoga without worrying about being made fun of because for being new or different.



**My Special Word is....**

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## Next Steps

Once you decide on a "pose" for each letter, spell out your word by holding each pose while you take 3 deep breaths. As you breathe and focus on your body, imagine ways that you can live out your word.