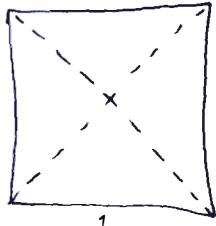


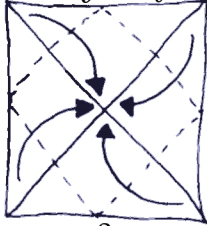
LARKIN THE SCARECROW'S

★ magical yoga game ★

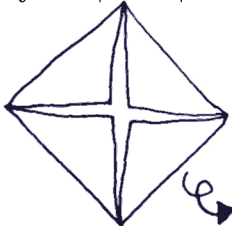
MAKING YOUR YOGA GAME (you might need a grown-up to help!)



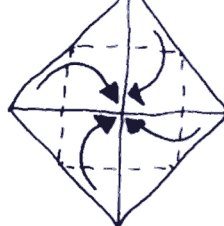
1. Put colour side down and fold on both diagonals. Unfold.



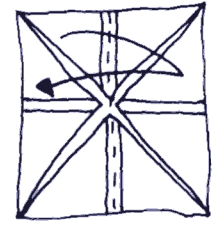
2. Fold all four corners in to the centre point.



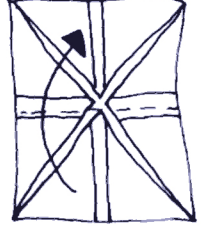
3. Turn paper over.



4. Fold all corners to centre again.



5. Fold paper in half then unfold.



6. Fold in half from top to bottom. Do not unfold.

PLAYING YOUR YOGA GAME

1. Choose the weather in Larkin's field. Spell it out while opening and closing the game.
2. Pick a yoga move and have a go doing it, then spell it out again.
3. Pick another yoga move to do, open and close the game while spelling it.
4. Choose a final yoga move, open the flap to reveal Larkin's message.



7. Slide thumbs and forefingers under the squares and move backwards and forwards to play

created by...
KARMA TIME
the magical art of relaxation

<p>WINDY</p>	<p>MOUSE</p> <p>+ you are very lucky - make a wish!</p>	<p>TREE</p> <p>+ you are a happy person</p>	<p>KIND</p>
<p>GORILLA</p> <p>Ahhh!</p> <p>+ you are a really good friend</p>	<p>LARKIN THE SCARECROW'S magical yoga game</p> <p>TREE Stand up tall with your feet together. Feel your strong roots beneath you. Lift one foot onto your leg to make a low branch. Stretch your arms up high and wiggle your leafy fingers in the sun!</p> <p>ROOF Stand with your feet wide apart. Turn one foot out and lift arms. Reach out over one leg to touch your ankle. Stretch your chimney up. Repeat on other side.</p>		<p>SNAKE</p> <p>+ you are really kind</p>
<p>ROOF</p> <p>+ you are full of love</p>	<p>BRIDGE</p> <p>+ you are a special person</p>	<p>DOG</p> <p>+ you are a lovely smile</p>	<p>DRAGON</p> <p>+ you are unique!</p>
	<p>DOG</p>	<p>BRIDGE</p>	<p>SNOWY</p>

cut out around the edge of the game.....

use the blunt edge of some scissors to score your fold lines.....

for details of children's Karmatime classes visit www.karmatime.com
teachchildrenyoga.com

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