

Teach Me to Walk in the Light – Winter Olympics Yoga

This spin off yoga activity is a fun way to bring in the current world events of the Winter Olympic Games into your Primary in a meaningful way!

How to Play:

Print out the Winter Olympics Yoga cards, either the ¼ page or full page option. Cut them out into individual cards.

Sing through Teach Me to Walk in the Light, or whatever Primary song you choose to work on during this activity.

Post all the Winter Olympic Yoga cards up on the whiteboard, face down. Let the children pick one of the actions, and help you demonstrate what it looks like. Sing through the song doing this single action for the whole verse.

Have another child come and pick another action and demonstrate it. Have the children mirror you and practice the stance. Now, sing through the song and switch poses every other line. “Teach me to walk in the light of his love...” is the first yoga pose. “Teach me to pray to my father above...” for your second pose. Continue to alternate through the song.

Add additional actions and rotate through them during the song until you have 4 actions. Then, replace the first action with a new action!

Extension Activities:

- Let the kids pick and rearrange an order for the 4 yoga stances to rotate through during the song.
- Do one yoga pose on the 1st and 3rd line, then let the 2nd and 4th lines be freestyle! Pick any position they’d like or come up with their own!
- Have the children vote on their favorite winter Olympic sport to watch. Do that stance then vote again!
- Have a helper hold the cards and secretly hold four yoga pose cards. Have them hold up their 1st choice, then switch between the actions at the end of each line.

Winter Olympics Yoga Athlete Cards:

- Snowboarder
- Figure Skater
- Hockey Goalie
- Alpine Skier
- Curler
- Bobsled Racer
- Ski Jumper
- Luge Racer

Stand with your body facing sideways but looking towards the front of the room. Spread your legs somewhat far apart, and bend slightly at the knee.



Snowboarder

Balance on one foot and put your other foot straight out behind you, pointing your toe. Hold your arms straight out to the side. Try your best to balance!

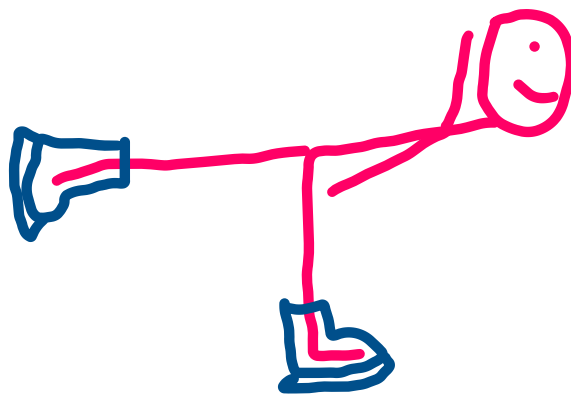


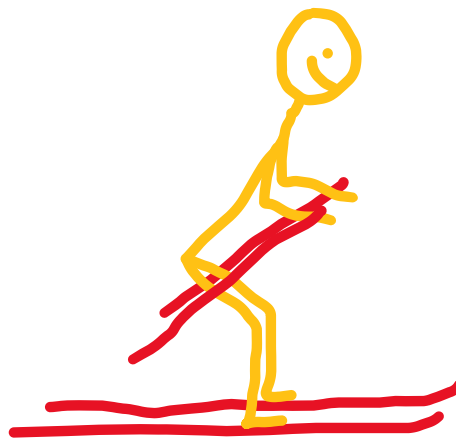
Figure Skater

Squat low like sitting in a chair. Hold your knees close together but spread your feet. Grab your hockey stick and get ready to catch the puck!



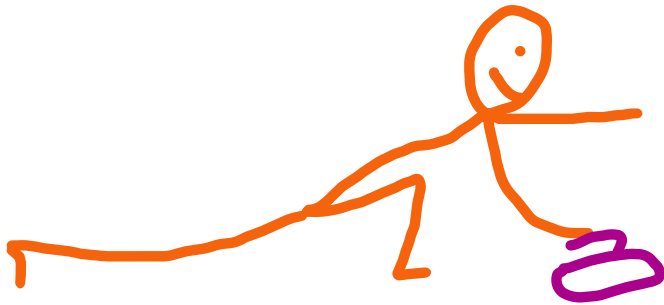
Hockey Goalie

Stand with your feet shoulder length apart, bend your knees slightly and lean your back forward. Don't forget to hold onto your ski poles!



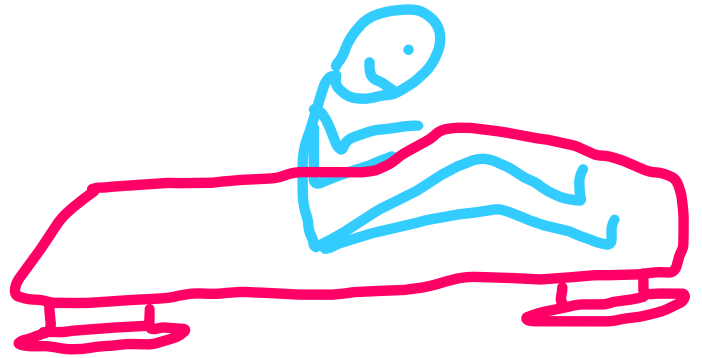
Alpine Skier

Do a lunge with one knee bent and the other leg out behind you, leaning forward and low. Lean both arms forward ready to slide the curling stone.



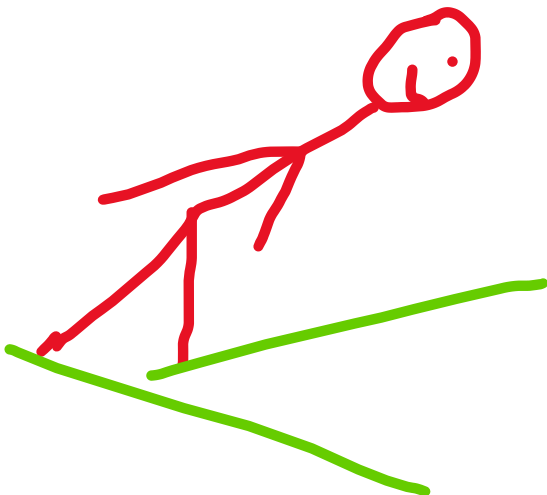
Curler

Sit with your legs shoulder width apart. Hold both hands up like you're holding a steering wheel. Tuck your head down low inside the bobsled.



Bobsled Racer

Lean forward as far as you can with your legs spread apart and your toes pointing outward. Place your hands with your palms open out to your sides.



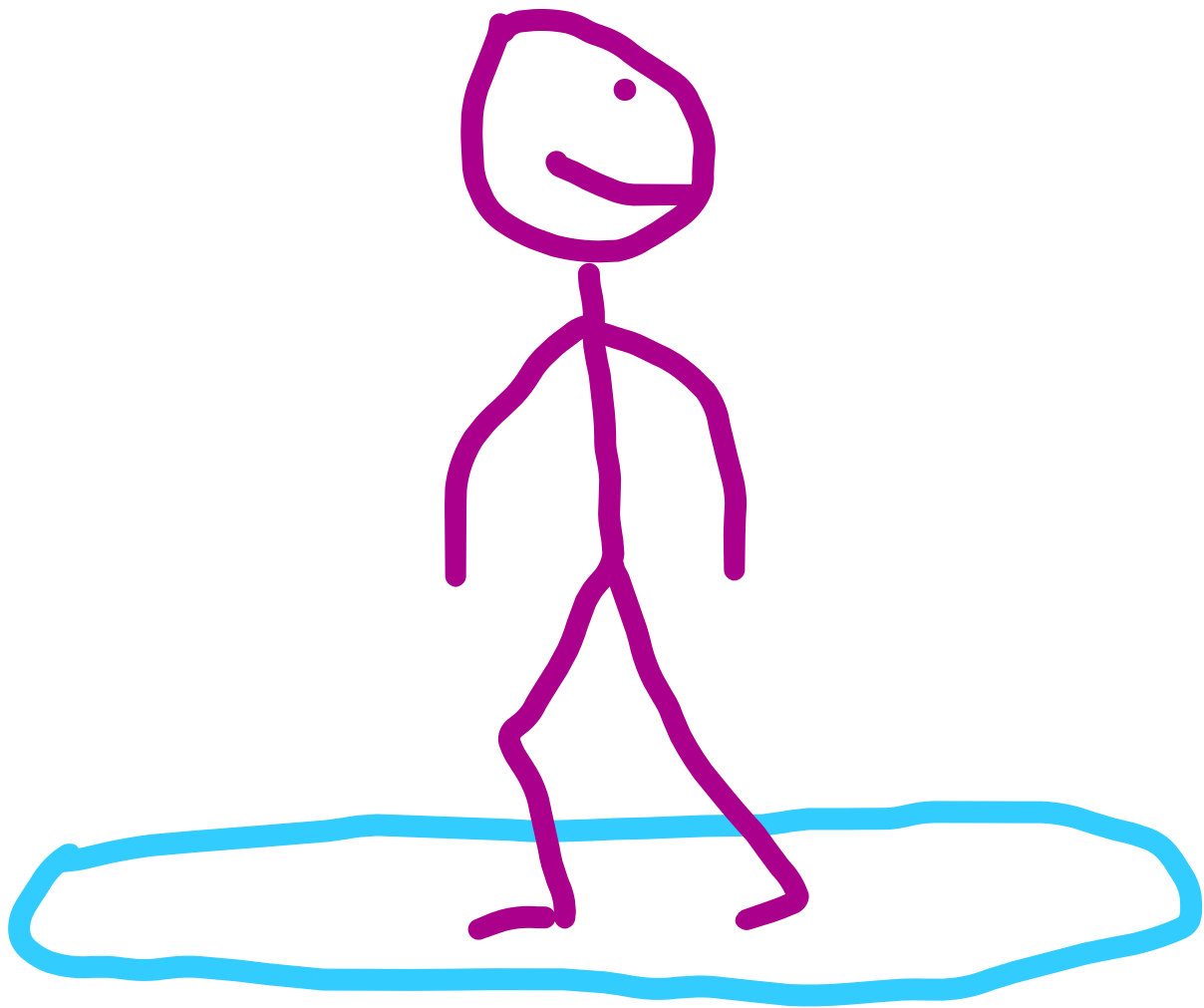
Ski Jumper

Lay flat on the ground with your legs and your arms tucked close to your side. Tilt your neck and head upward to see past your body.



Luge Racer

Stand with your body facing sideways but looking towards the front of the room. Spread your legs somewhat far apart, and bend slightly at the knee.



Snowboarder

Balance on one foot and put your other foot straight out behind you, pointing your toe. Hold your arms straight out to the side. Try your best to balance!

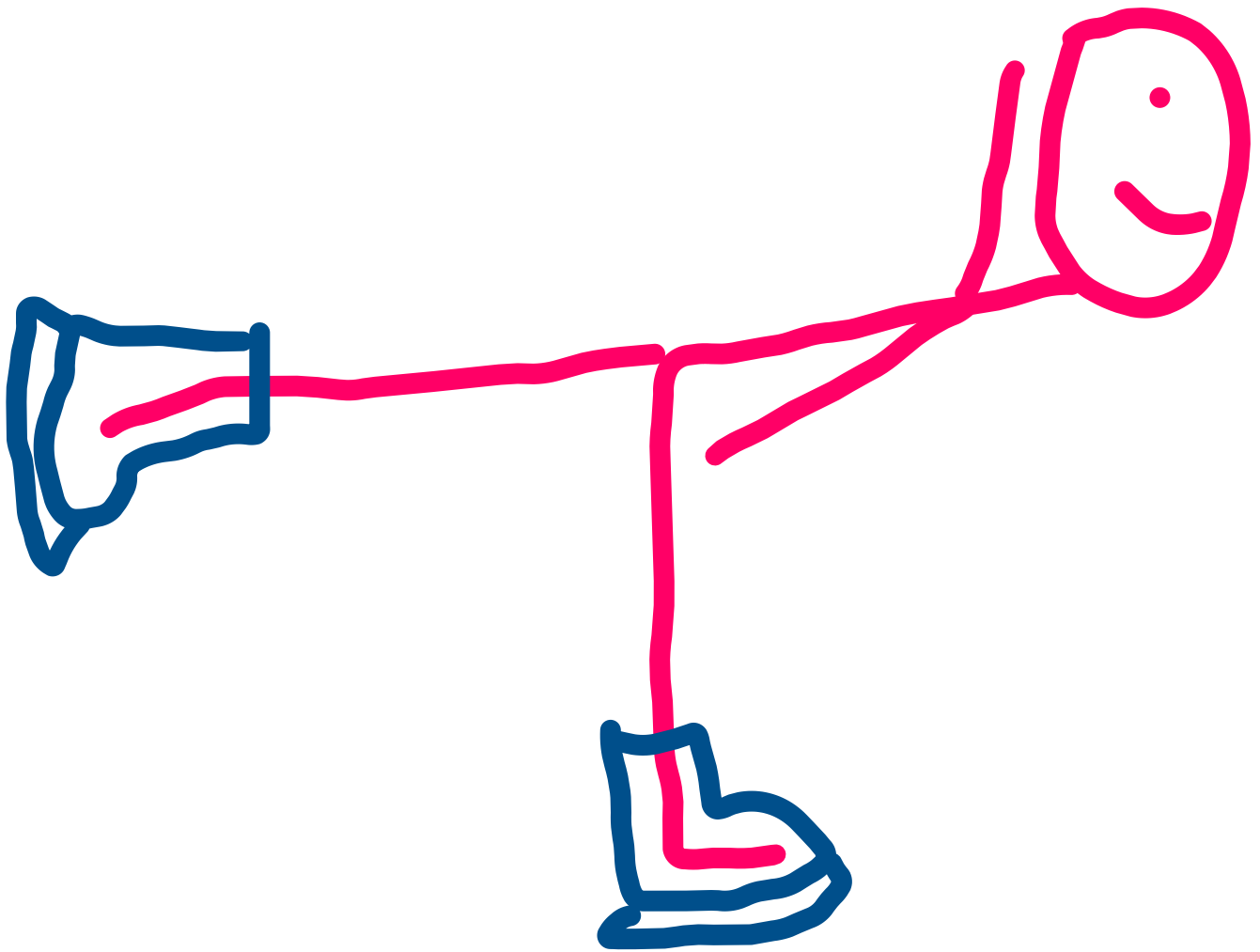
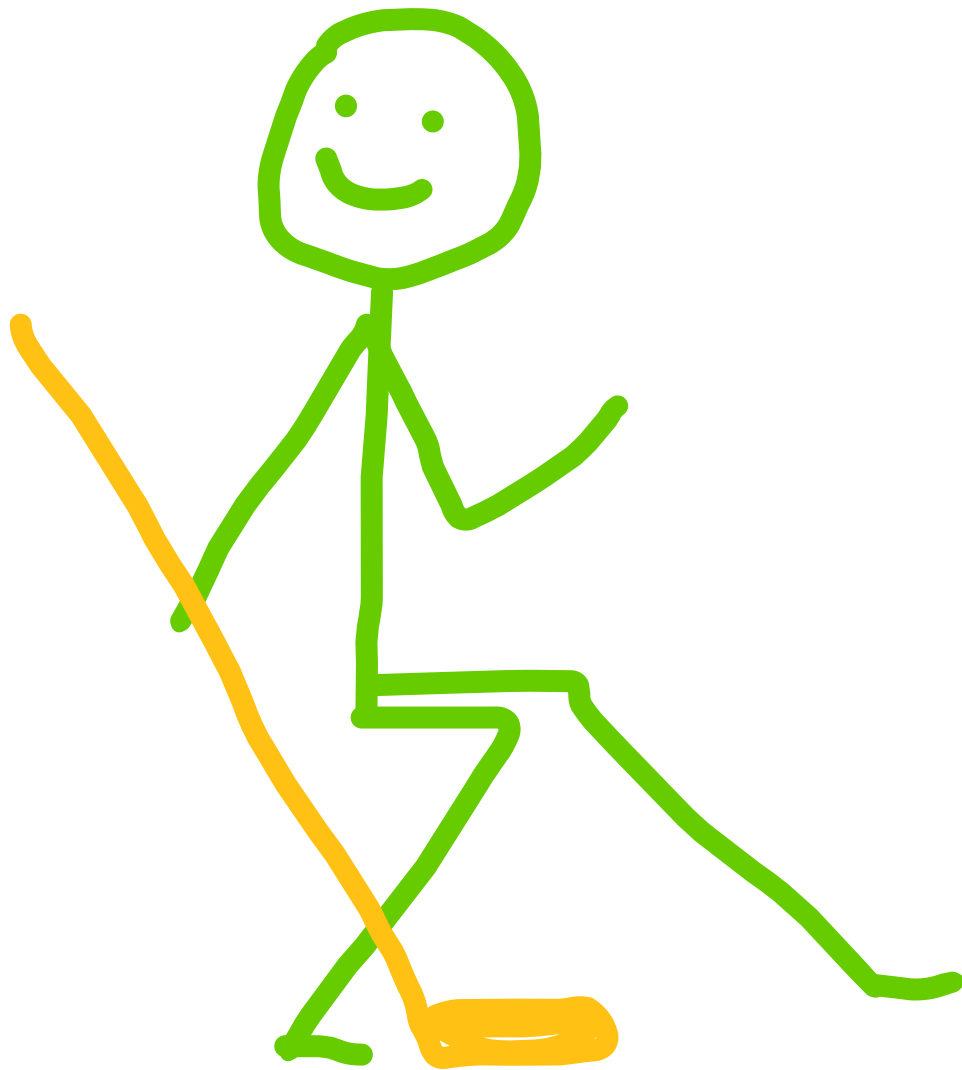


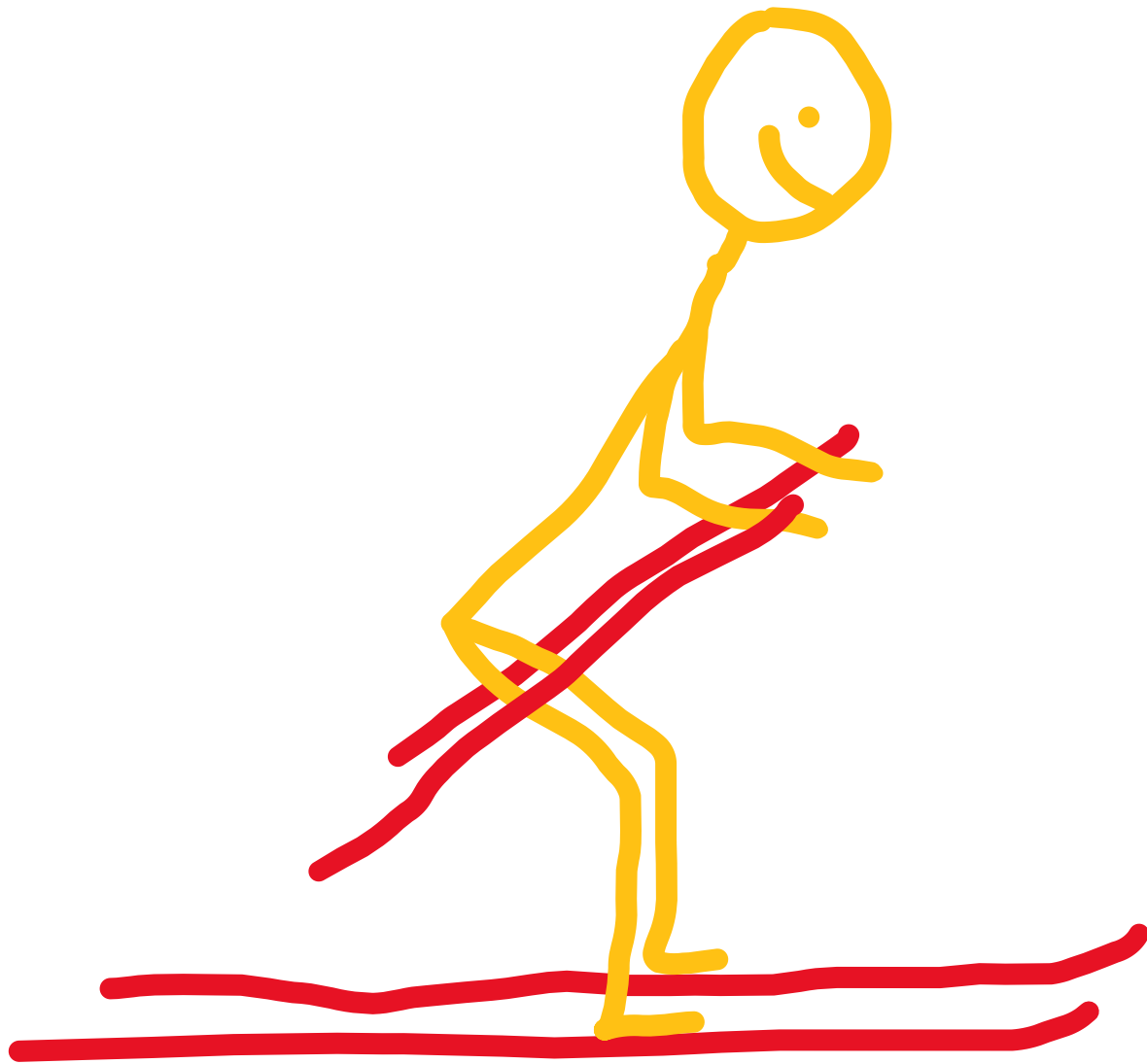
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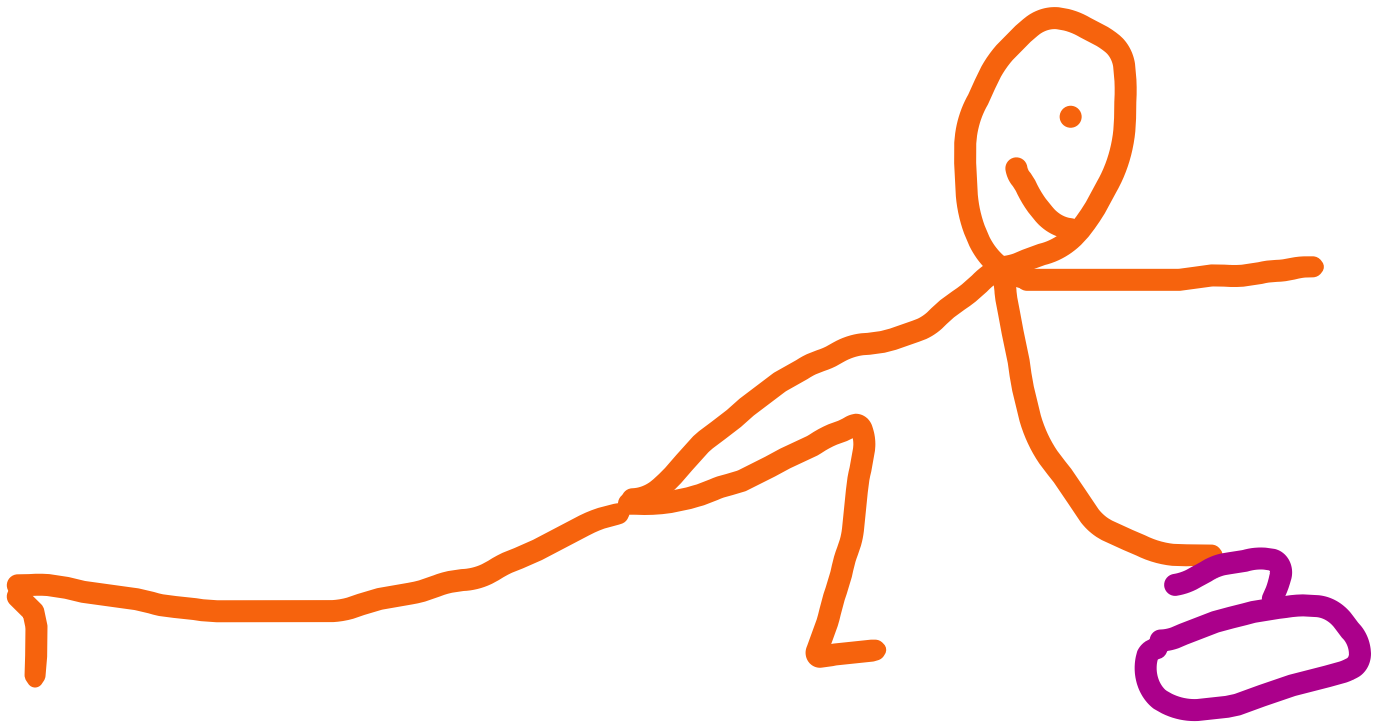
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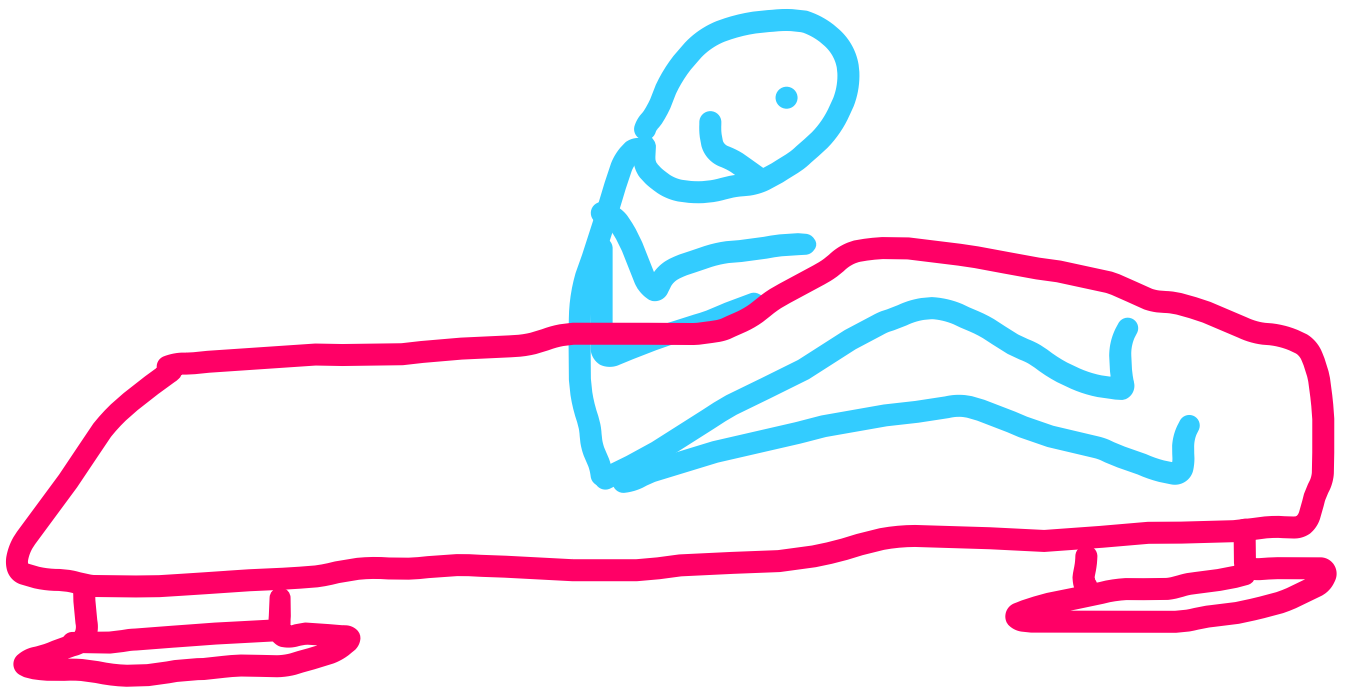
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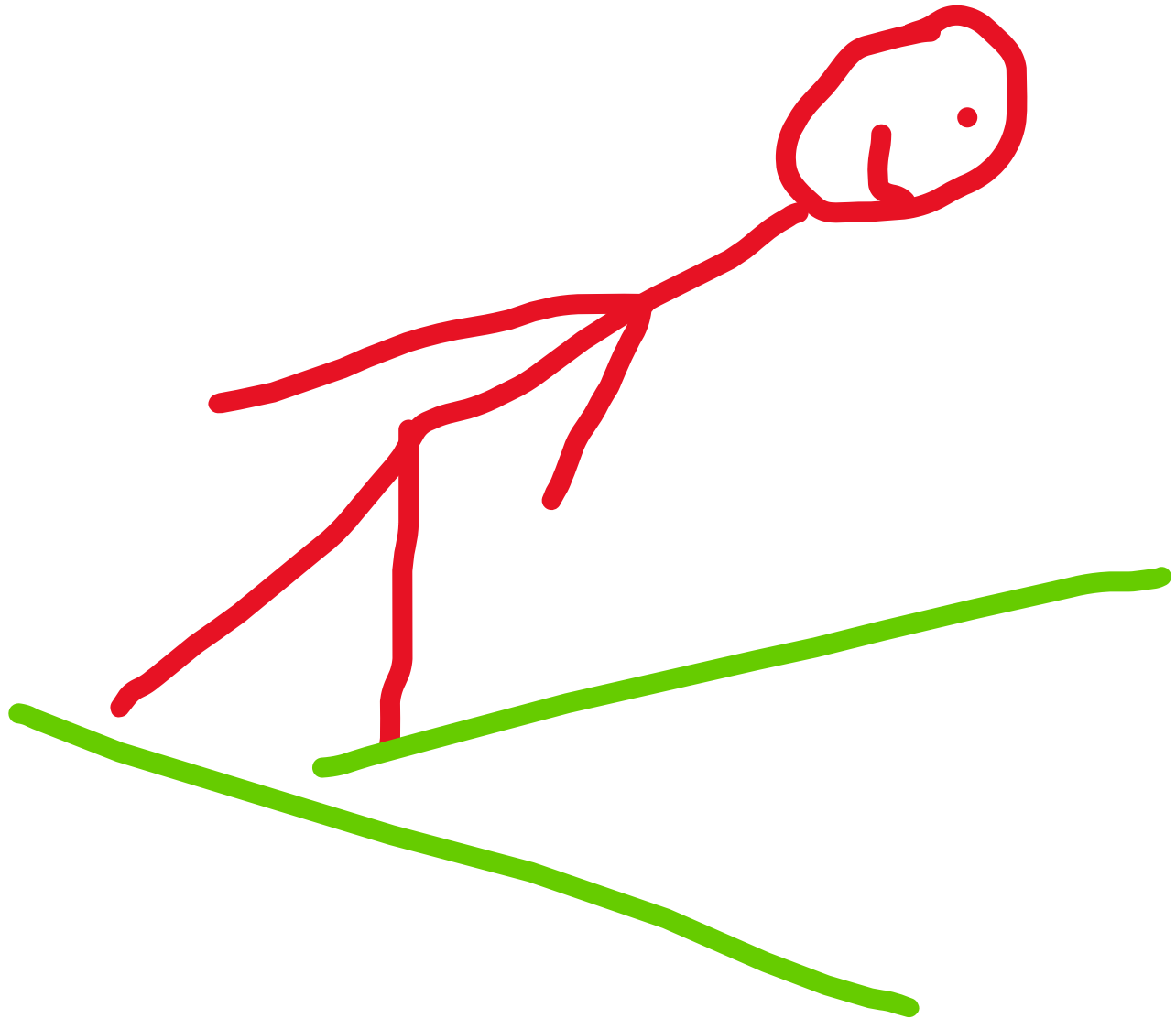
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Bobsled Racer

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Ski Jumper

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Luge Racer



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