

Liken the Scriptures Yoga Poses

Try these yoga poses for a unique way to add some calm movement while reviewing this primary song!

Find the full lesson plan, extension ideas, and song suggestions in the blog post here:

<https://www.primarysinging.com/likenthe-scriptures-yoga-poses/>

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Liken the Scriptures Yoga Poses

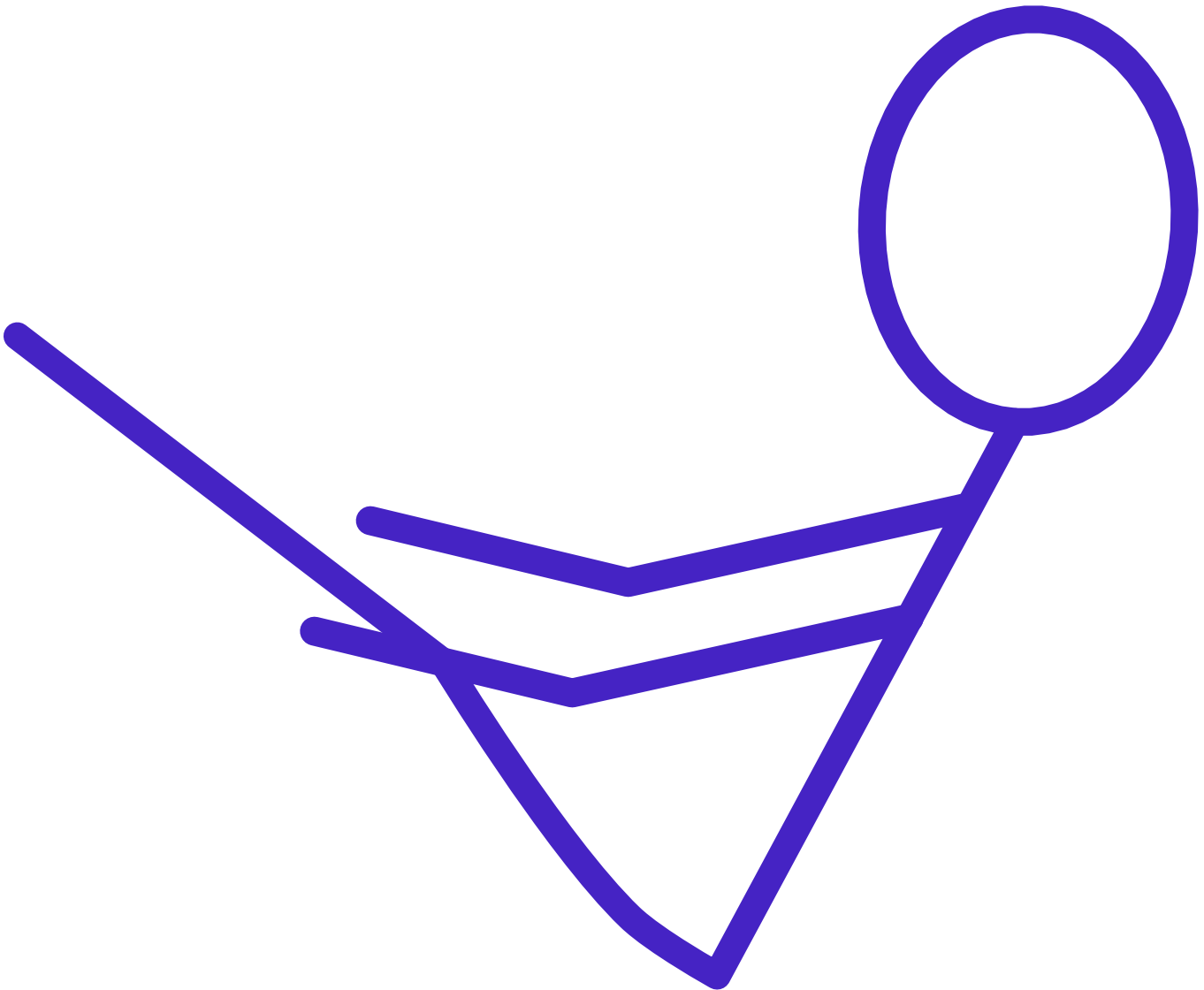
How to Play:

- If you are looking for a way to add some movement in singing time without increasing energy levels too much, this yoga activity is a great fit!
- As you review Liken the Scriptures, try these simple yoga poses for neat way to get everyone involved. Plus, it doubles as a nice stretch break!
- If you have a big primary group, you may want to consider an alternative room set up just for one week. One option is to stack all the chairs ahead of time and have the children sit on the floor with their teachers. Or, you can simply have the kids move their chairs to the side to make some room for singing time.
- Before introducing any of the yoga poses, sing through Liken the Scriptures once.
- Has anyone ever tried yoga? Today we're going to try some yoga poses while we sing our song. In this song, what did Nephi build? A boat! Let's see if we can pretend to be boats.
- Demonstrate the boat pose by sitting on the floor and raising your legs out straight while reaching your arms across to your legs. That's pretty cool, right?
- Nephi was brave, and you can be brave too! This next pose is called the "Warrior Pose." Let's all stand up! Step forward to lunge with one knee while keeping your back foot straight. Reach both arms up.
- The triangle pose will probably be the trickiest one. For this pose, step forward with one foot again, this time keeping your front leg straight. Keep your back leg straight as well. Now, twist your body slightly so that your body is facing to the side while your legs face forward. Reach one hand down to your front foot while your other hand reaches straight up. Switch and try it on the other side. Use this entire sequence for the line, "The Lord has a special message for me in ev'ry scripture story I read."
- Then, salute by standing straight and reaching your arms up. Now, sit criss-cross like you are reading the scriptures!

Yoga Poses:

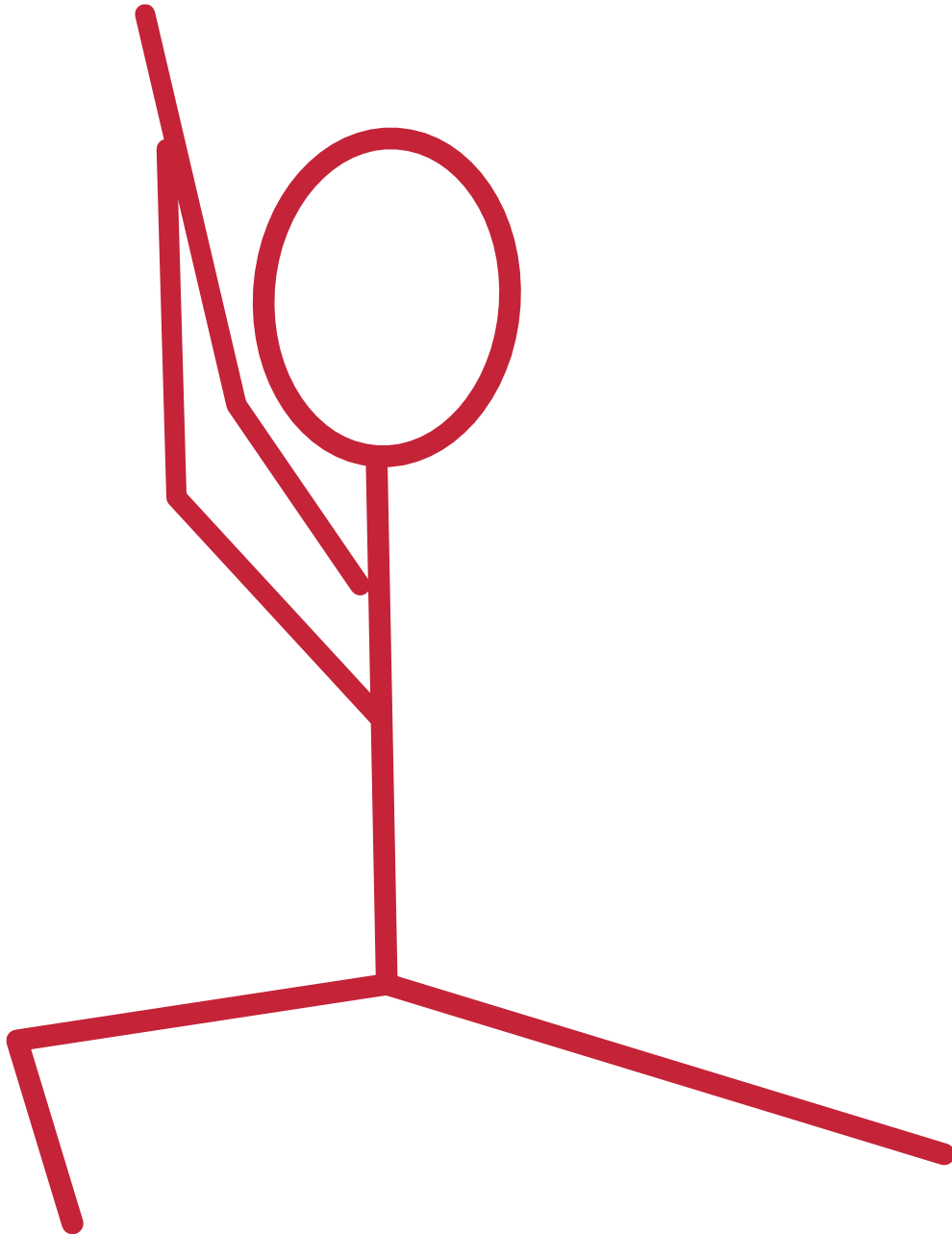
- **Boat Pose** – Sit on the floor, then raise your legs out straight while leaning back slightly. Reach your arms straight to the sides. "I MAY NOT BE ASKED TO BUILD A GREAT, BIG SHIP OR SAIL MY FAM'LY 'CROSS THE OCEAN BLUE."
- **Warrior I Pose** – Stand up straight, then step forward with one foot and bend your knee. Keep your back foot straight. Reach arms up. "BUT IF I HAD THE FAITH AND COURAGE NEPHI DID, IMAGINE ALL THE GREAT THINGS I COULD GO AND DO."
- **Triangle Pose (Alternate Each Side)** – Stand up straight, then step forward with one foot, keeping this foot straight. Keep your back foot straight. Twist your body so that your chest is adjacent to your feet. Then reach one arm down to your foot, while the other hand raises to the air. "THE LORD HAS A SPECIAL MESSAGE FOR ME / IN EVERY SCRIPTURE STORY I READ."
- **Salute Pose** – Stand up straight, then reach your arms up high. "AND I CAN BECOME WHO I'M STRIVING TO BE."
- **Easy Pose** – Sit cross-legged on the floor. Put your hands in a "prayer" position or on your knees. "WHEN I LIKEN THE SCRIPTURES TO ME."

BOAT POSE



**I MAY NOT BE ASKED TO BUILD
A GREAT, BIG SHIP
OR SAIL MY FAM'LY 'CROSS THE OCEAN BLUE**

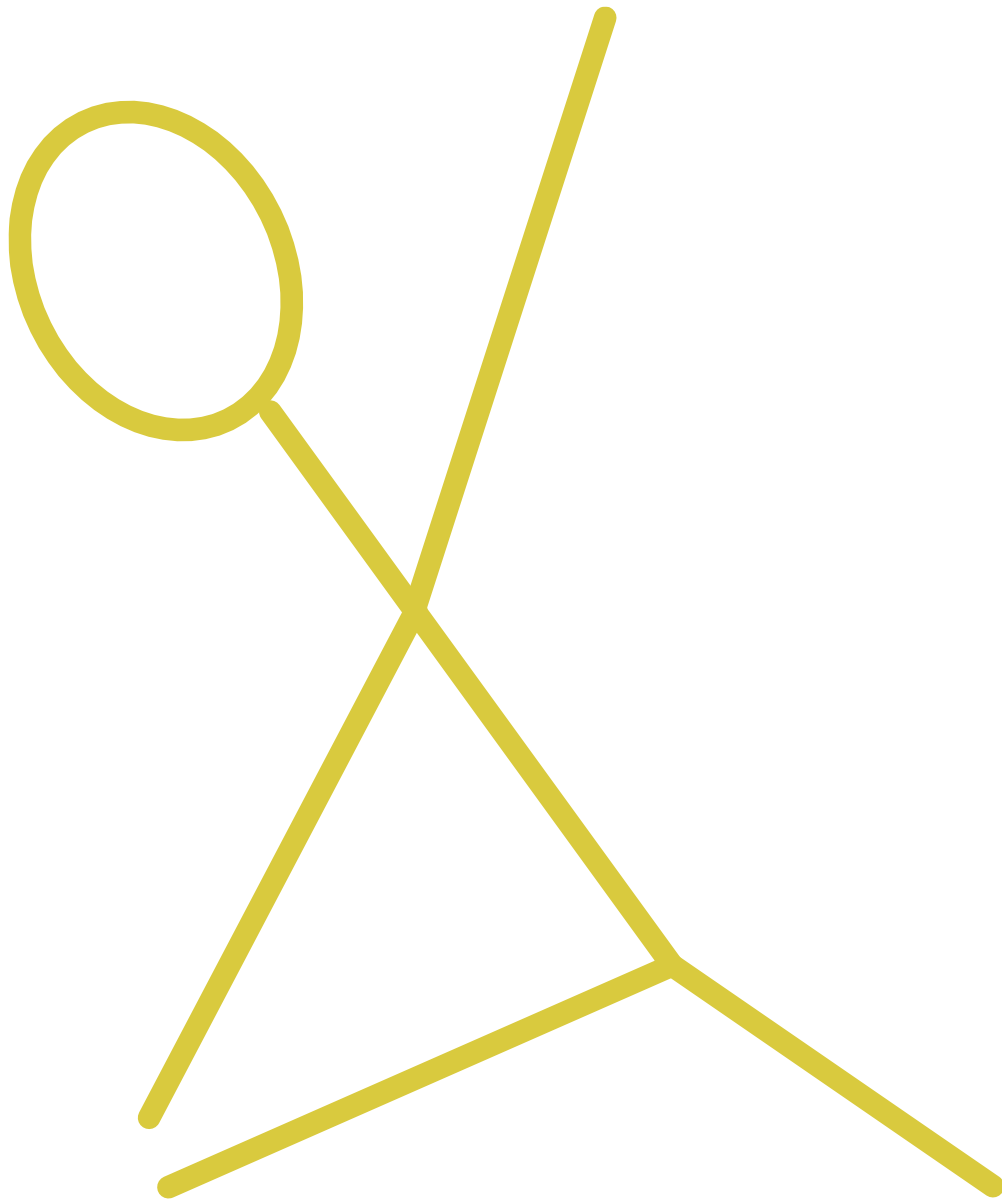
WARRIOR I POSE



**BUT IF I HAD THE STRENGTH AND COURAGE
NEPHI DID, IMAGINE ALL THE GREAT THINGS
I COULD GO AND DO.**

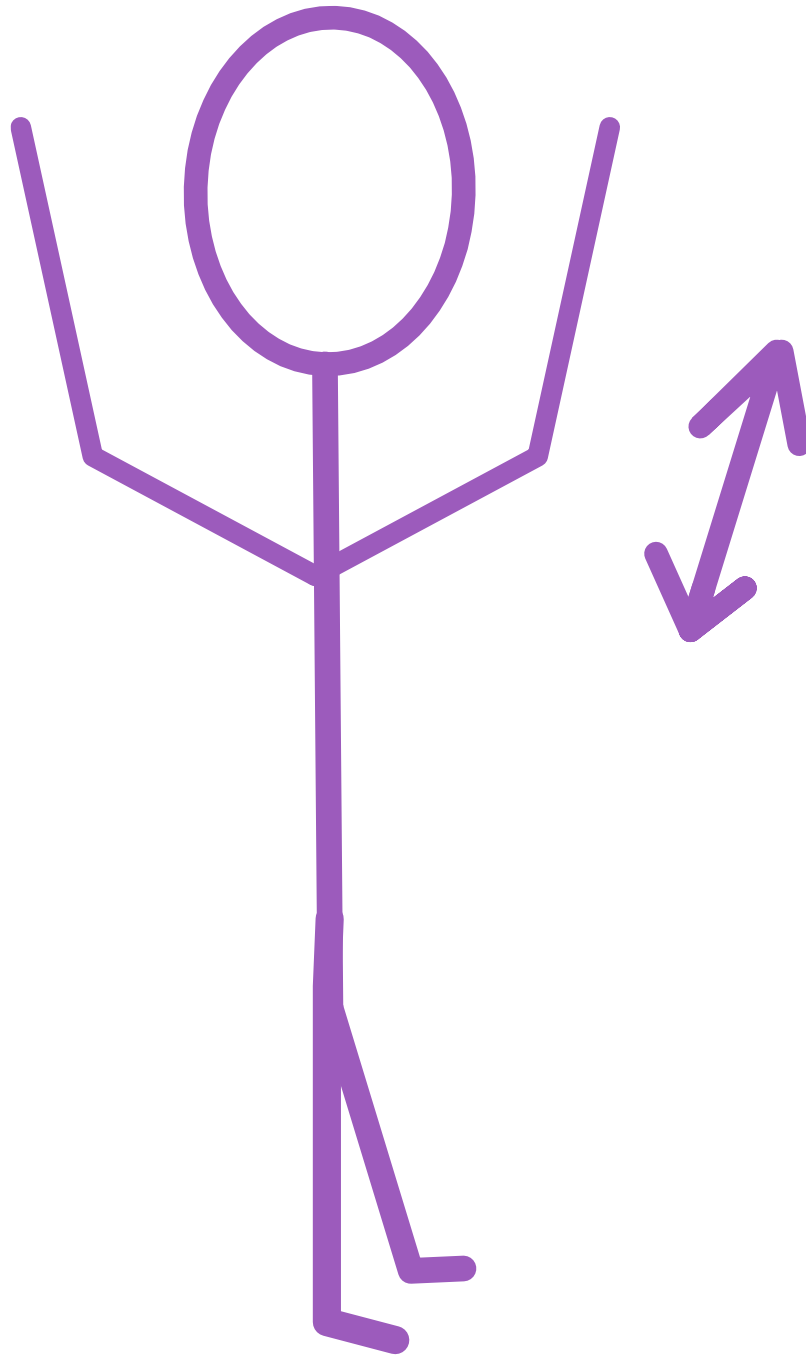
TRIANGLE POSE

(ALTERNATE SIDES)



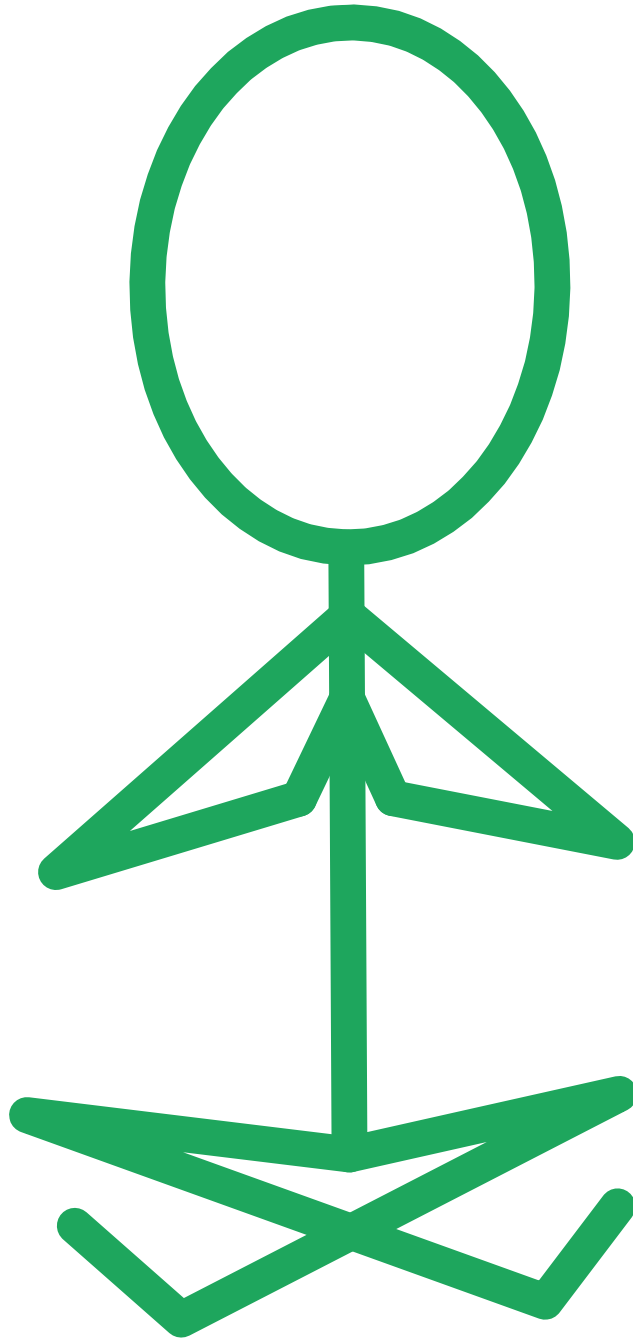
**THE LORD HAS A SPECIAL MESSAGE FOR ME /
IN EV'RY SCRIPTURE STORY I READ.**

SALUTE POSE



AND I CAN BECOME WHO I'M STRIVING TO BE

EASY POSE



WHEN I LIKEN THE SCRIPTURES TO ME.



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