

A Barefoot Lesson Idea

Fun Shapes with *Yoga Pretzels*

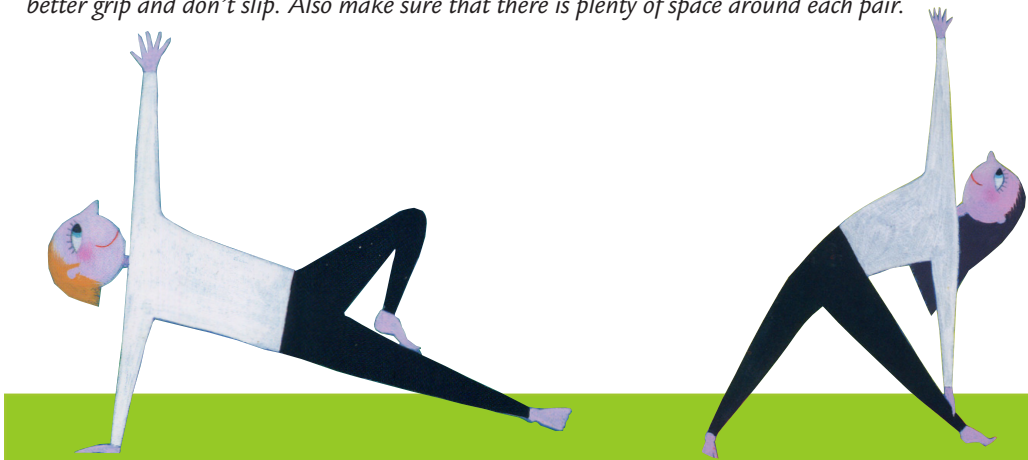
A BAREFOOT MATH LESSON FOR AGES 3 – 7

Use your body to look at and discover shapes. What do different shapes feel like? Which shapes are good for balancing and which are good for building? Which shapes are strong and which shapes move?

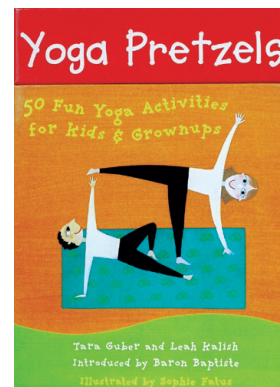
WHAT TO DO

1. Grab a deck of *Yoga Pretzels* and ask the children to pair up. Use the Triangle Card. Tell the children they are going to take turns to make the classic yoga position which is called *Triangle*.
2. One person goes into position slowly, step by step, so that the children can see there is more than one triangle in the position.
3. The other person watches and points to where the triangles are. Where is the first triangle? Where is the second triangle?
4. If you had a magic pencil that could draw lines in the air, could you draw some lines around the person who is in the triangle position to make some more triangles?
5. Where are the angles in the triangle? How many are there?
6. Look around the room: where can you see triangle shapes? What do those triangle shapes do in the room? Encourage the children to see that often triangles support and bear weight.
7. **Language work:** Why do you think this shape is called *Triangle*? What adjectives can you use to describe how you feel when you make this shape? Does this tell you anything about triangle shapes?
8. **Extension:** Use the Arrow Card. Where are the triangles now? Which shape do you make if you are balancing on one of your knees?

Make sure the children take their shoes and socks off before doing this activity so that they have a better grip and don't slip. Also make sure that there is plenty of space around each pair.



Illustrations © Sophie Fatus from *Yoga Pretzels*



Yoga Pretzels

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DECK
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