



Free kids yoga resource



50 Kids Yoga Games Every Teacher Should Know

Playful, practical activities for movement, breath, connection, creativity and calm.

Created from Rainbow Yoga teaching patterns and class-plan mechanics. Original public summaries - no paid manual passages.



Move

Breathe

Connect

Create

Over 40,000 graduates since 2007

www.rainbowyogatraining.com



How To Use This Guide

Choose one game, teach it simply, and then let the children help it become alive. Every activity is designed to be easy to start, safe to adapt, and rich enough to use in schools, studios, family sessions and community groups.

1	Start with safety	Clear space, clear rules, and no forced touch.
2	Give a playful reason	A pose lasts longer when it belongs to a story, sound, mission or mystery.
3	Let children co-create	Invite names, roles, sounds, endings and variations.
4	Use breath as the reset	After energy, add one noticing breath before the next round.
5	Keep it inclusive	Offer seated, solo, no-touch, helper and observer roles.

A Tiny Class Formula

Open with a focusing ritual, play one movement game, add one connection or creativity game, then close with breath, rest or reflection. That simple arc can become a joyful 15-minute session or expand into a full class.



Energy and Focus

Quick movement games that help children arrive, wake up and listen with their whole bodies.

01 ENERGY AND FOCUS

1, 2, 3 Yoga Tree

Ages 4+ | 5 min | Props: None

SET UP

One child or teacher stands at the front. Everyone starts behind a line.

PLAY

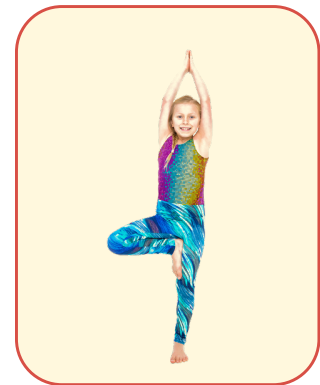
The caller says the phrase and turns away. Children move forward like forest creatures, then freeze in Tree, Mountain, animal, or invented nature poses when the caller turns back.

TEACHER TIP

Let the caller choose the next freeze family: trees, birds, jungle animals, weather, or brave wobblers.

SAFETY

No running, no bumping, and wobbles are welcome resets.



02 ENERGY AND FOCUS

Freeze Yoga DJ

Ages 3+ | 4 min | Props: Music

SET UP

Clear a movement space and choose three or four safe poses.

PLAY

Dance, crawl, fly, or tiptoe while music plays. When the music stops, everyone freezes in the named pose or a pose from the story world.

TEACHER TIP

Ask children to notice one breath while frozen before the music starts again.

SAFETY

Use slow-motion rounds if the group gets too fast.



03 ENERGY AND FOCUS

Wobbly Tree Challenge

Ages 5+ | 5 min | Props: None

SET UP

Stand with enough personal space for balancing.

PLAY

Everyone tries Tree pose. Add kind challenges: windy arms, tiny roots, soft eyes, or one slow breath. If someone falls, they say "new roots" and try again.

TEACHER TIP

Make resilience visible by celebrating the reset, not the perfect balance.

SAFETY

Keep eyes open for younger children and avoid comparing who lasts longest.



04 ENERGY AND FOCUS

Animal Crossing

Ages 4+ | 6 min | Props: Optional pose cards

SET UP

Mark two sides of the room as safe habitats.

PLAY

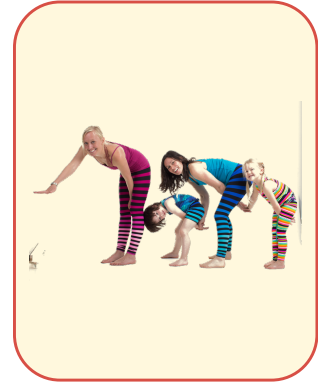
Call an animal or let a child draw a card. Everyone crosses the room moving like that animal, then arrives in a matching yoga pose.

TEACHER TIP

Add a quiet round: the animals must travel without sound and listen for the bell.

SAFETY

Use walking speed and give seated animal options.



05 ENERGY AND FOCUS

Yoga Traffic Lights

Ages 3+ | 5 min | Props: Red, yellow, green cards

SET UP

Teach the signals: green moves, yellow goes slow, red freezes and breathes.

PLAY

Children travel as cars, boats, butterflies, or clouds. The signal changes their speed and focus.

TEACHER TIP

Invite child leaders to hold the cards once the rules are clear.

SAFETY

Keep movement lanes wide and collisions become instant red lights.





Breath and Calm

Short breath games that make breathing visible, playful and memorable.

06 BREATH AND CALM

Balloon Belly

Ages 3+ | 3 min | Props: Soft toy or folded scarf

SET UP

Lie down or sit with hands or a soft object on the belly.

PLAY

Breathe in and make the balloon rise. Breathe out and let it float down. Try three slow balloon breaths.

TEACHER TIP

Ask children to choose a balloon color before they begin.

SAFETY

Keep breath natural. No breath holding for young children.



07 BREATH AND CALM

Bumblebee Orchestra

Ages 4+ | 4 min | Props: None

SET UP

Sit comfortably with shoulders relaxed.

PLAY

Breathe in quietly. Hum out like a bumblebee. Try soft bees, giant bees, sleepy bees, and one whole-group humming hive.

TEACHER TIP

Ask children to feel the vibration in lips, chest, or hands.

SAFETY

Offer silent humming for children who dislike sound.



08 BREATH AND CALM

Pinwheel Power

Ages 4+ | 4 min | Props: Pinwheels or paper strips

SET UP

Each child holds a pinwheel or paper strip at arm's length.

PLAY

Try short puffs, long smooth breaths, and slow steady wind. Which breath moves the object without rushing?

TEACHER TIP

Connect breath control to focus: gentle wind lasts longer.

SAFETY

Keep shared props clean and avoid hyperventilating.





09 BREATH AND CALM

Back-to-Back Ocean

Ages 5+ | 5 min | Props: None

SET UP

Partners sit back to back, or sit near each other without touching.

PLAY

Breathe slowly and notice the wave of your own back. If comfortable, sense the rhythm of your partner's breath.

TEACHER TIP

Try one round where the pair breathes like calm water, then like tiny waves.

SAFETY

Ask before touching. No-touch pairs can sit side by side.



10 BREATH AND CALM

Bubble Breath

Ages 3+ | 3 min | Props: Optional bubbles

SET UP

Pretend you are making a huge bubble.

PLAY

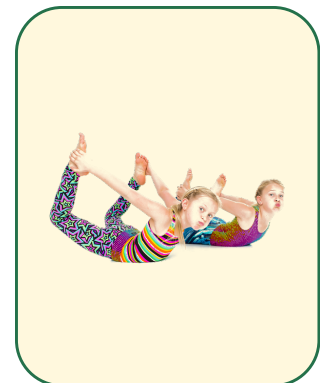
Breathe in through the nose, then blow out slowly through a small mouth shape. The bubble pops if the breath is too fast.

TEACHER TIP

Use it before story time, tests, or transitions.

SAFETY

Pretend bubbles work best indoors when real bubbles are distracting.





Stories and Imagination

Adventure structures that turn poses into journeys children want to continue.

11 STORIES AND IMAGINATION

Magic Carpet Map

Ages 4+ | 8 min | Props: Mats or imaginary carpets

SET UP

Each mat becomes a magic carpet with a destination chosen by the class.

PLAY

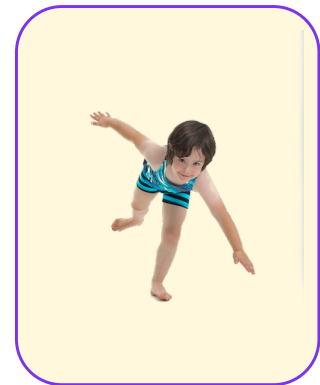
Fly, land, and explore with poses: Mountain, River, Bridge, Camel, Star, Boat, or child-invented shapes.

TEACHER TIP

Let the children add one surprise stop to the journey.

SAFETY

All flights stay on the mat unless invited to travel.



12 STORIES AND IMAGINATION

Night At The Yoga Museum

Ages 5+ | 8 min | Props: Optional bell

SET UP

The room is a museum. Children become statues and art pieces.

PLAY

When the bell rings, the museum comes alive. Move through the gallery, then freeze as an animal, hero, sculpture, or group artwork.

TEACHER TIP

Invite a curator to describe what they see with kind, specific words.

SAFETY

Statues need personal space and gentle movement.



13 STORIES AND IMAGINATION

Yoga Detective Clues

Ages 6+ | 8 min | Props: Pose cards or paper clues

SET UP

Hide three to five clues around the room.

PLAY

Each clue leads to a pose or breath. The group solves the mystery by linking the poses into a mini story.

TEACHER TIP

Make the mystery emotional: find courage, kindness, calm, or teamwork.

SAFETY

No rushing to clues. Everyone solves together.



14 STORIES AND IMAGINATION

Child-Created Story Flow

Ages 5+ | 10 min | Props: None

SET UP

Choose a starter: a lost star, a brave seed, a friendly dragon, or a new planet.

PLAY

Each child adds one pose and one sentence. The class repeats the growing story sequence together.

TEACHER TIP

Keep each addition short so the flow stays alive.

SAFETY

Children may pass or offer a sound instead of a pose.



15 STORIES AND IMAGINATION

Everything Is Possible Land

Ages 4+ | 8 min | Props: Optional scarf

SET UP

Open an imaginary doorway into a land where poses can transform.

PLAY

Tree becomes rocket, Boat becomes island, Cobra becomes dragon. Children redesign poses into new possibilities.

TEACHER TIP

Ask, "What else could this pose become?" whenever energy drops.

SAFETY

A new pose must feel good and leave space for others.





Partner Connection

Consent-based pair work for listening, kindness and cooperation.

16 PARTNER CONNECTION

Yoga Mirror

Ages 4+ | 5 min | Props: None

SET UP

Partners face each other. One is the mover and one is the mirror.

PLAY

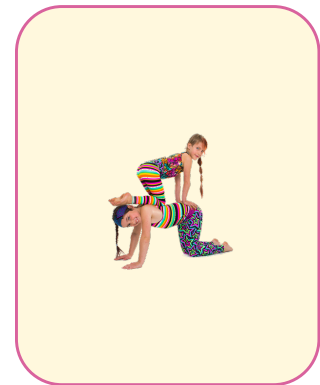
Move slowly through simple shapes while the mirror follows. Switch roles.

TEACHER TIP

Try a no-talking round to build visual listening.

SAFETY

Slow movement only. No touching needed.



17 PARTNER CONNECTION

Ask Before Helping

Ages 5+ | 7 min | Props: None

SET UP

Teach four steps: notice, ask, listen, help their way.

PLAY

One partner chooses a simple pose. The other asks, "Would you like help?" If yes, they offer a no-force suggestion or nearby support.

TEACHER TIP

Use tiny scenarios: tying shoes, finding balance, joining a game.

SAFETY

No one has to accept help or touch.



18 PARTNER CONNECTION

Back-to-Back Boat

Ages 6+ | 5 min | Props: None

SET UP

Partners sit back to back with knees bent.

PLAY

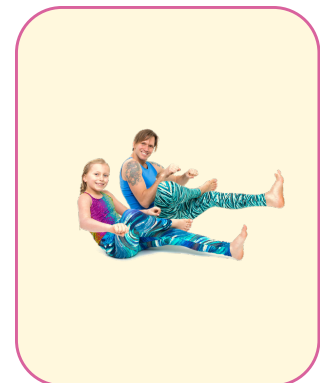
Press backs gently, breathe, then lift one foot or both feet if steady. Turn it into a calm sailing boat.

TEACHER TIP

Ask pairs to find the balance between leaning and listening.

SAFETY

Feet can stay down. Avoid pushing into the partner.



19 PARTNER CONNECTION

Sculptor And Clay

Ages 5+ | 7 min | Props: None

SET UP

One partner is clay and one is sculptor.

PLAY

The sculptor uses words, mirroring, or optional gentle touch to invite a yoga statue. The clay always chooses what feels right.

TEACHER TIP

Try themes: courage statue, sleepy statue, kindness statue.

SAFETY

Clay has full veto power. Verbal sculpting is always enough.



20 PARTNER CONNECTION

Heartbeat Hello

Ages 4+ | 4 min | Props: None

SET UP

Pairs sit near each other.

PLAY

Each child taps a simple rhythm on their own knees. Partners echo each other's rhythm, then make a shared rhythm.

TEACHER TIP

Use it as a consent-based alternative to partner touch.

SAFETY

Keep tapping on self or floor, not on another person.





Group Cooperation

Whole-group challenges where the class learns to solve, support and create together.

21 GROUP COOPERATION

Human Mandala

Ages 5+ | 8 min | Props: None

SET UP

Stand or sit in a circle.

PLAY

One person makes a simple shape. Others echo, rotate, or add a matching shape until the group becomes a living pattern.

TEACHER TIP

Finish with everyone breathing together for three breaths.

SAFETY

Keep shapes simple and leave exits open.



22 GROUP COOPERATION

Invisible Web Of Support

Ages 6+ | 8 min | Props: Yarn or imaginary thread

SET UP

Create a circle. Pass yarn or an imaginary thread from person to person.

PLAY

Each person names something that helps a class, family, or community. Feel how one movement affects the web.

TEACHER TIP

Add poses for each support: Tree for nature, Bridge for help, Star for friendship.

SAFETY

Avoid private disclosures. Ordinary examples are enough.



23 GROUP COOPERATION

Yoga Machine

Ages 5+ | 7 min | Props: None

SET UP

One child starts a repeating movement and sound.

PLAY

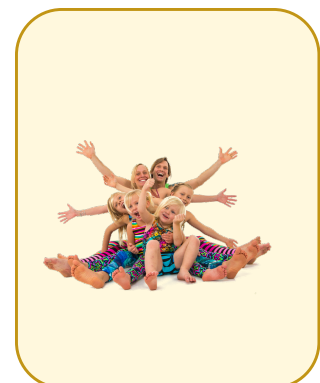
One by one, children add their own movement until the class becomes a machine, rainforest, ocean, or kindness factory.

TEACHER TIP

Invite a slow-motion and quiet-motion version.

SAFETY

No one touches moving parts unless invited.



24 GROUP COOPERATION

Body Puzzle

Ages 6+ | 7 min | Props: None

SET UP

Choose a group object: bridge, star, flower, boat, castle, or playground.

PLAY

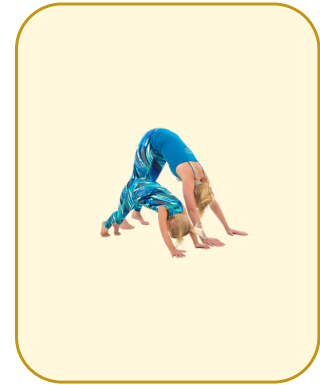
Children use solo shapes to make one group picture. Add a challenge: everyone must have one hand or foot grounded.

TEACHER TIP

Let the group solve it twice: first messy, then with better communication.

SAFETY

No climbing on bodies. Use floor shapes.



25 GROUP COOPERATION

Kindness Delivery Team

Ages 5+ | 7 min | Props: Soft ball or beanbag

SET UP

The object is a kindness parcel.

PLAY

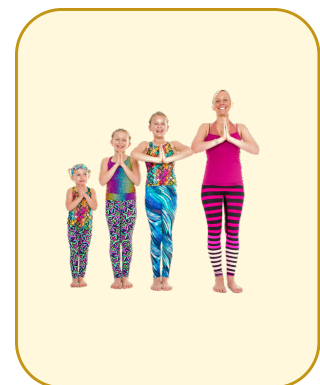
Move the parcel around the circle using different body parts or poses. Each receiver offers one kind action the group can try.

TEACHER TIP

Add teamwork rules: silent round, slow round, everyone included round.

SAFETY

Use soft throws or hand-to-hand passing.





Cards and Memory

Simple card and guessing games that build sequencing, recall and confidence.

26 CARDS AND MEMORY

Yoga Memory Match

Ages 4+ | 8 min | Props: Pairs of pose cards

SET UP

Place cards face down.

PLAY

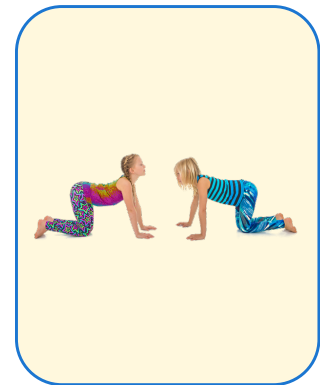
Children turn over two cards. If they match, everyone does the pose. If not, turn them back and remember.

TEACHER TIP

Add breath cards for calmer rounds.

SAFETY

Keep turns quick and cooperative, not competitive.



27 CARDS AND MEMORY

Pose Riddles

Ages 5+ | 6 min | Props: Pose cards

SET UP

A child secretly chooses a card.

PLAY

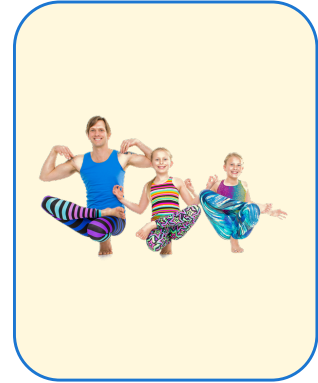
They give clues without saying the pose name: habitat, sound, shape, or feeling. The group guesses and then tries it.

TEACHER TIP

Ask for kind clues that help everyone succeed.

SAFETY

Children may pass or ask the teacher for a clue.



28 CARDS AND MEMORY

The Storyteller Deck

Ages 5+ | 8 min | Props: Pose cards

SET UP

Make a small face-down deck.

PLAY

Draw three to five cards. Link them into a mini adventure with movement between poses.

TEACHER TIP

Use one feeling card: brave, calm, silly, curious, or kind.

SAFETY

Keep transitions slow enough for all bodies.



29 CARDS AND MEMORY

Yoga Path

Ages 4+ | 8 min | Props: Cards or paper stepping stones

SET UP

Lay cards like a path across the room.

PLAY

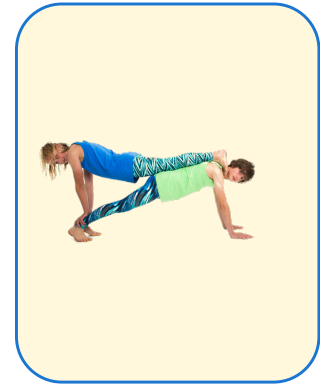
Children move from card to card, doing each pose before stepping to the next.

TEACHER TIP

Let children rearrange the path into easy, medium, and calm journeys.

SAFETY

Leave wide spacing and no jumping between cards.



30 CARDS AND MEMORY

Spell Yoga

Ages 6+ | 7 min | Props: Alphabet or pose cards

SET UP

Choose a short word such as calm, sun, brave, or friend.

PLAY

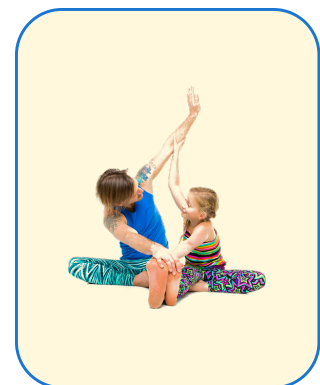
For each letter, choose a pose, sound, or movement. Repeat the word as a mini flow.

TEACHER TIP

Let small groups create words for the class to guess.

SAFETY

Use simple words so the movement stays playful.





Senses and Mindfulness

Noticing practices that bring attention back to the present moment.

31 SENSES AND MINDFULNESS

Sound Hunter

Ages 4+ | 4 min | Props: Bell or bowl optional

SET UP

Sit or lie down comfortably.

PLAY

Listen for three far sounds, two near sounds, and one body sound. End with one quiet breath.

TEACHER TIP

Use before or after a high-energy game.

SAFETY

Children can keep eyes open.



32 SENSES AND MINDFULNESS

Magic Yoga Stone

Ages 4+ | 5 min | Props: Stone or small object

SET UP

Each child holds or imagines a small stone.

PLAY

Notice weight, texture, temperature, and shape. Place it on the mat and make a pose that protects it.

TEACHER TIP

Turn it into a focus anchor for the whole class.

SAFETY

Use objects too large to swallow for young children.



33 SENSES AND MINDFULNESS

Spaghetti Test

Ages 4+ | 4 min | Props: None

SET UP

Lie down or sit tall.

PLAY

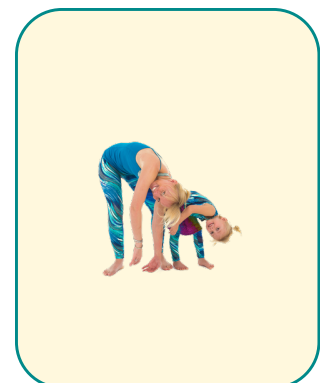
Become uncooked spaghetti: stiff and straight. Then become cooked spaghetti: soft and relaxed. Repeat with different body parts.

TEACHER TIP

Ask children which version helps them rest.

SAFETY

Keep it playful and never force stillness.



34 SENSES AND MINDFULNESS

Sense Safari

Ages 5+ | 6 min | Props: Optional nature objects

SET UP

Pretend the mat is a quiet safari path.

PLAY

Move slowly and pause for one sense at a time: sight, sound, smell, touch, and body feeling.

TEACHER TIP

Link each sense to a pose: Eagle eyes, Deer ears, Flower smell, Mountain feet.

SAFETY

Avoid tasting objects in group classes.



35 SENSES AND MINDFULNESS

Feather Listening

Ages 3+ | 4 min | Props: Feather or scarf

SET UP

Hold a feather or imagine one landing nearby.

PLAY

Move so quietly the feather would stay in place. Try silent walking, silent Tree, and silent Child's Pose.

TEACHER TIP

Use as a transition from running energy to quiet focus.

SAFETY

Use imaginary feathers for allergy-sensitive groups.





Music and Movement

Rhythm games for joyful expression, coordination and safe energy release.

36 MUSIC AND MOVEMENT

Rainforest Rhythm

Ages 4+ | 6 min | Props: Optional drum

SET UP

Choose rainforest sounds: rain, frog, bird, wind, monkey, river.

PLAY

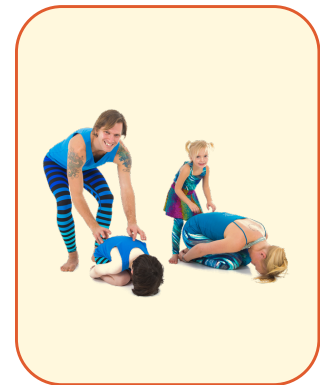
Each sound becomes a movement or pose. Layer the sounds until the group creates a rainforest.

TEACHER TIP

Use conductor gestures to make the group louder, softer, faster, or still.

SAFETY

Keep volume comfortable for sensitive ears.



37 MUSIC AND MOVEMENT

Crab Dance

Ages 5+ | 5 min | Props: Music

SET UP

Teach a safe crab shape or tabletop option.

PLAY

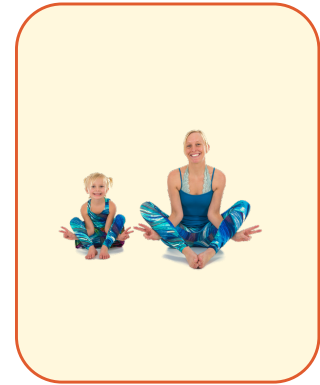
Move like crabs while music plays. When it stops, lift one claw, one foot, or become a resting shell.

TEACHER TIP

Add ocean story: crabs hide, wave, dig, and relax.

SAFETY

Offer seated crab arms for wrists or shoulders.



38 MUSIC AND MOVEMENT

Yoga Musical Mats

Ages 4+ | 7 min | Props: Mats or spots, music

SET UP

Place mats in a circle. There is no elimination.

PLAY

Move around the mats. When music stops, find a mat and make the pose called by the teacher or child leader.

TEACHER TIP

If mats are full, join a group pose at the nearest mat.

SAFETY

No racing for mats. Inclusion beats winning.



39 MUSIC AND MOVEMENT

Animal Soundscape

Ages 3+ | 6 min | Props: None

SET UP

Choose four animals and four matching poses.

PLAY

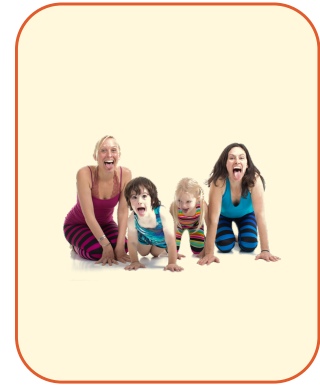
Half the group makes quiet animal sounds while the other half moves. Switch roles.

TEACHER TIP

Invite children to lead with hand signals instead of shouting.

SAFETY

Set a gentle volume ceiling.



40 MUSIC AND MOVEMENT

Slow Motion Superheroes

Ages 4+ | 5 min | Props: None

SET UP

Everyone becomes a superhero who can only move in slow motion.

PLAY

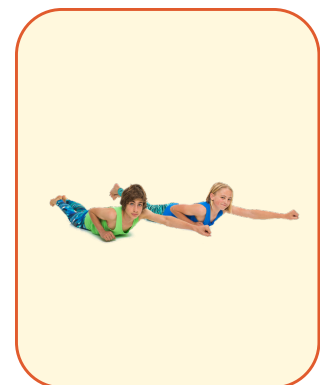
Travel, balance, crawl, fly, and rescue imaginary kindness sparks without speeding up.

TEACHER TIP

Slow motion turns excitement into control without killing the fun.

SAFETY

No real chasing or grabbing.





Creative Making

Artful, inventive activities that invite children to become co-creators.

41 CREATIVE MAKING

Mandala Bodies

Ages 5+ | 8 min | Props: Optional scarves

SET UP

Make a circle and choose a center point.

PLAY

Children create repeating shapes around the center: stars, petals, bridges, seeds, or waves.

TEACHER TIP

Take a photo only if permissions are clear.

SAFETY

Use floor-level shapes and keep faces away from feet.



42 CREATIVE MAKING

Draw It, Do It

Ages 5+ | 10 min | Props: Paper and crayons

SET UP

Children draw a simple creature, vehicle, weather shape, or object.

PLAY

Each child turns their drawing into a yoga pose or movement. The group tries a few favorites.

TEACHER TIP

Ask, "What part of your drawing moves? What part rests?"

SAFETY

Choose a few shares so the activity does not drag.



43 CREATIVE MAKING

Yoga Mobile

Ages 6+ | 8 min | Props: String or imaginary strings

SET UP

Pretend each body part is hanging from a string.

PLAY

A gentle wind moves one string at a time: hand, elbow, shoulder, head, knee, foot. End in a balanced statue.

TEACHER TIP

Great for body awareness and creative dance.

SAFETY

Keep neck movements tiny and comfortable.



44 CREATIVE MAKING

Shape Shifters

Ages 4+ | 6 min | Props: Optional scarf

SET UP

Start in one familiar pose.

PLAY

The teacher says, "Shift!" and the pose transforms: Cat to Tiger, Boat to Island, Bridge to Tunnel, Star to Firework.

TEACHER TIP

Invite children to invent the next transformation.

SAFETY

A shift can be tiny. Comfort comes first.



45 CREATIVE MAKING

Pose Workshop

Ages 6+ | 8 min | Props: Optional cards

SET UP

Choose one pose that everyone can do in some version.

PLAY

Groups invent three ways to make it more fun: sound, story, partner option, prop, level change, or breath.

TEACHER TIP

This makes repetition feel creative instead of boring.

SAFETY

Every variation needs an easy version.





Closing and Reflection

Calming endings that help children integrate the experience.

46 CLOSING AND REFLECTION

Quiet Star

Ages 3+ | 4 min | Props: None

SET UP

Lie down like a star or sit with star hands.

PLAY

Feel five points of the star: two hands, two feet, and head or heart. Relax each point.

TEACHER TIP

Use after active games to land the energy.

SAFETY

Children can keep eyes open or sit up.



47 CLOSING AND REFLECTION

Guided Rainbow

Ages 4+ | 5 min | Props: None

SET UP

Rest comfortably.

PLAY

Imagine breathing through rainbow colors. Each color brings a simple feeling: red steady, orange playful, yellow bright, green kind, blue calm, purple wise.

TEACHER TIP

Invite children to choose the color they need today.

SAFETY

Keep imagery optional and brief.



48 CLOSING AND REFLECTION

Gratitude Pass

Ages 5+ | 5 min | Props: Soft object

SET UP

Sit in a circle with a soft object.

PLAY

Pass the object. Each child names one ordinary thing they appreciate or passes silently with a smile.

TEACHER TIP

Ordinary gratitude is enough: water, friends, mats, sunshine, a good breath.

SAFETY

No forced sharing.



49 CLOSING AND REFLECTION

Lemon Squeeze And Release

Ages 4+ | 4 min | Props: None

SET UP

Pretend each hand is holding a lemon.

PLAY

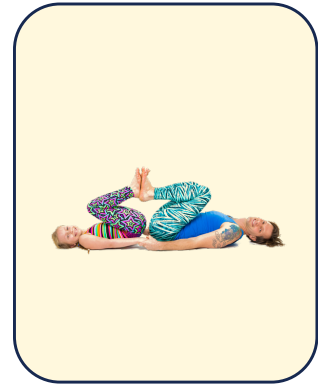
Squeeze lemons tightly for two seconds, then release. Try shoulders, face, toes, and whole body, then melt into rest.

TEACHER TIP

Children learn the difference between tension and relaxation.

SAFETY

Keep squeezes short and never painful.



50 CLOSING AND REFLECTION

Class Garden

Ages 3+ | 5 min | Props: None

SET UP

Everyone starts as a seed.

PLAY

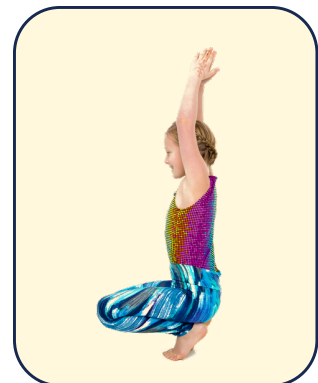
Slowly grow into a sprout, flower, tree, or garden helper. End by sending one kind wish into the garden.

TEACHER TIP

Use it to close a class about growth, patience, or community.

SAFETY

Children can stay as seeds if they need rest.





Ready For The Full Rainbow Yoga Method?

These 50 games are a generous starting point. Rainbow Yoga training shows teachers how to sequence activities, adapt for ages and abilities, hold groups with confidence, and make classes feel playful, connected and purposeful.

Next steps:

- Try one game this week and notice what children respond to.
- Choose one game from a different category next time.
- Visit rainbowyogatraining.com to compare training pathways.
- Ask Rainbow Yoga for help if you are not sure which training fits you.

Copyright 2026 Rainbow Yoga Training. This free guide is an original public resource derived from Rainbow Yoga teaching patterns and source categories. It does not reproduce paid manual passages.