

Yoga

yoga

para pequeños
Yoguis



@dos_maestras_en_la_luna

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¡Hola a tod@s!

En primer lugar, nos gustaría daros las gracias por adquirir este material que hemos hecho con tanta ilusión y cariño.

Aquí tenéis el juego "Yoga para pequeños Yoguis". Un juego en el que, a través del Yoga y las diferentes posturas corporales, podemos trabajar la inteligencia corporal cinéستica en nuestros peques.

A continuación, encontraréis los diferentes elementos imprimibles que compondrán el juego y que deberás imprimir y plastificar para su uso.

Os informamos también de que este material no puede ser compartido ni vendido.

Esperamos que os guste y que lo disfrutéis.

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Instrucciones

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¿Qué contiene el juego?

El juego consta de 24 tarjetas de juego con las diferentes posturas de Yoga a trabajar, dos dados (uno de color y otro de forma) y las huellas para marcar el recorrido o tablero en el suelo.

Preparación

Imprimimos y plastificamos (esto es opcional pero nosotras lo recomendamos para que dure más tiempo) todo el material: las tarjetas, los dados y las huellas.

Disponemos las huellas en el lugar en que se va a desarrollar la actividad y ¡todo listo, a jugar!

¿Cómo se juega?

- 1- Lanzamos los dados (tanto el de forma como el de color).
- 2- Avanzamos a la huella del color y forma que los haya tocado y nos ponemos sobre ella.
- 3- Cogemos la tarjeta que se corresponde con la forma y color que nos ha salido en los dados y realizamos la postura que aparezca en ella.
- 4- Repetimos el proceso.

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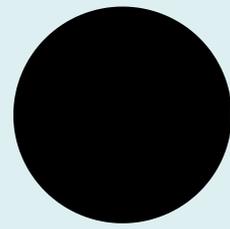
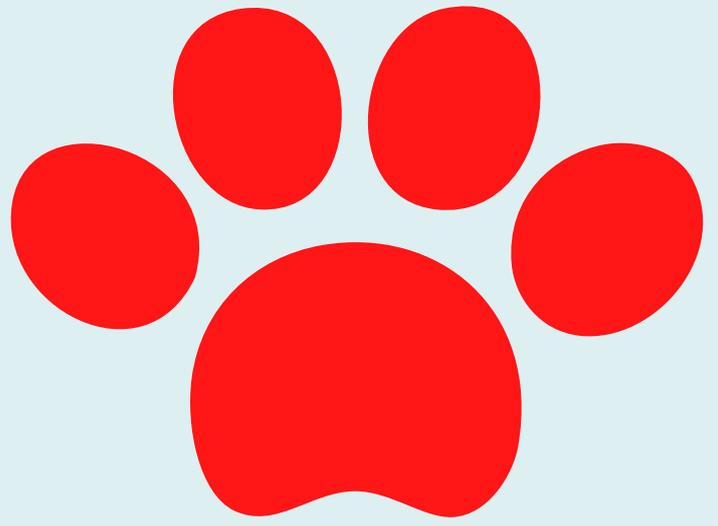
Tarjetas



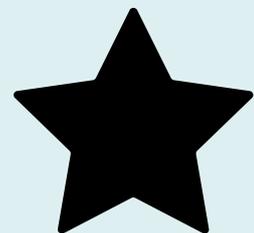
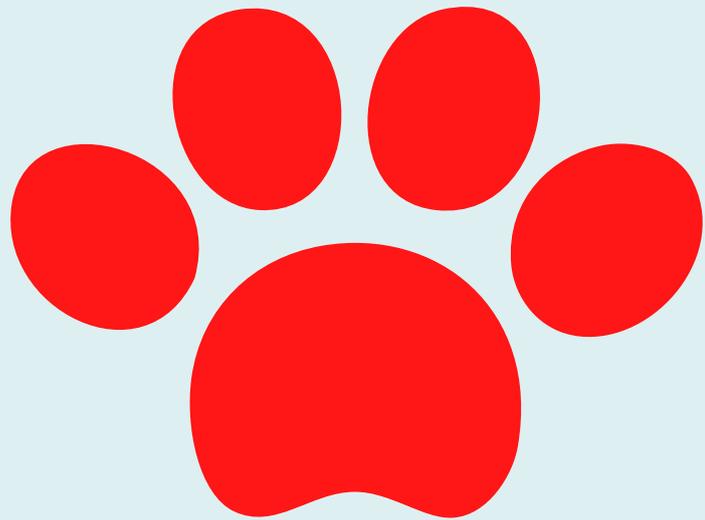
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La montaña

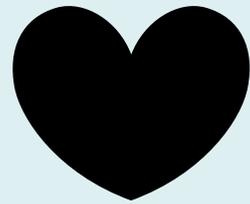
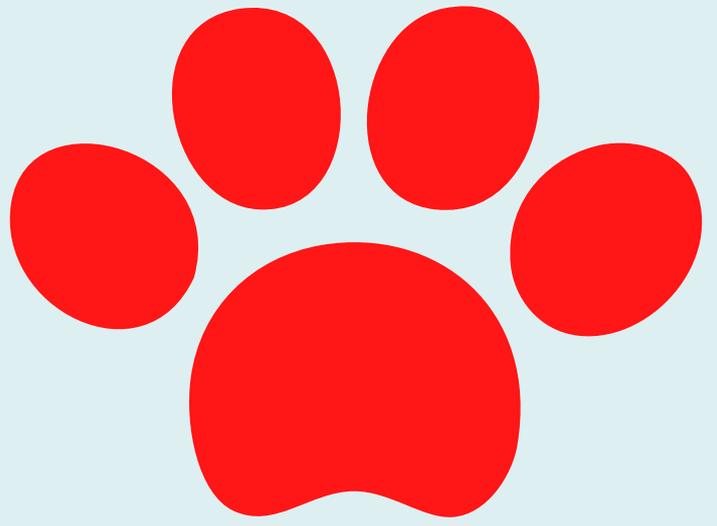


El gato
dormido

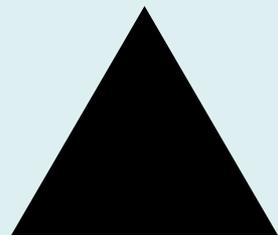
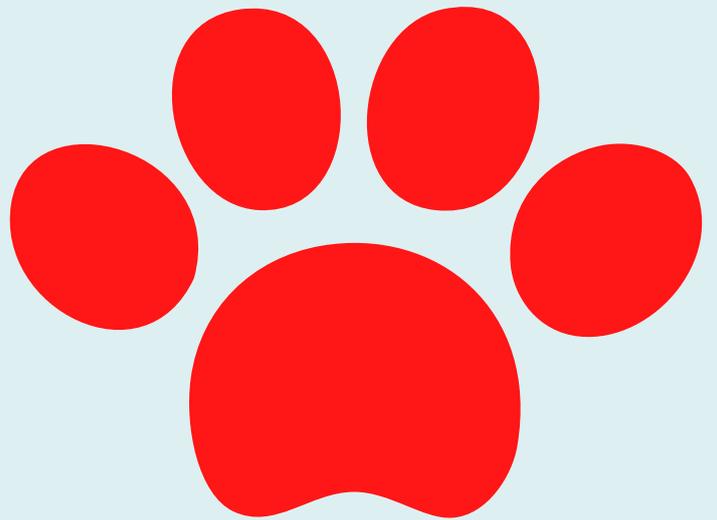




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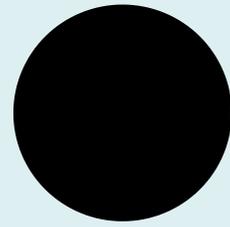
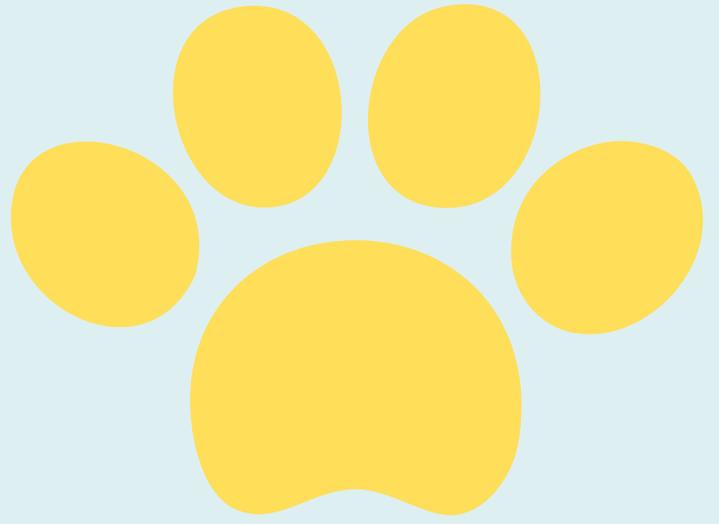


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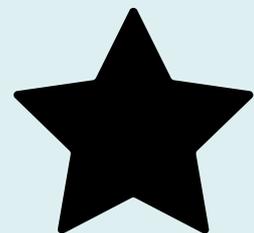
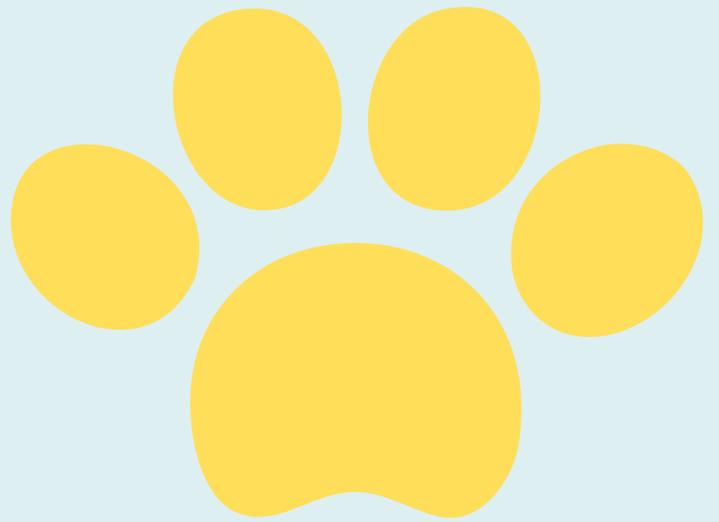




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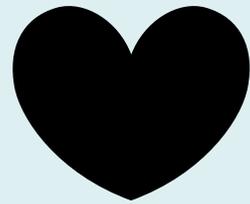
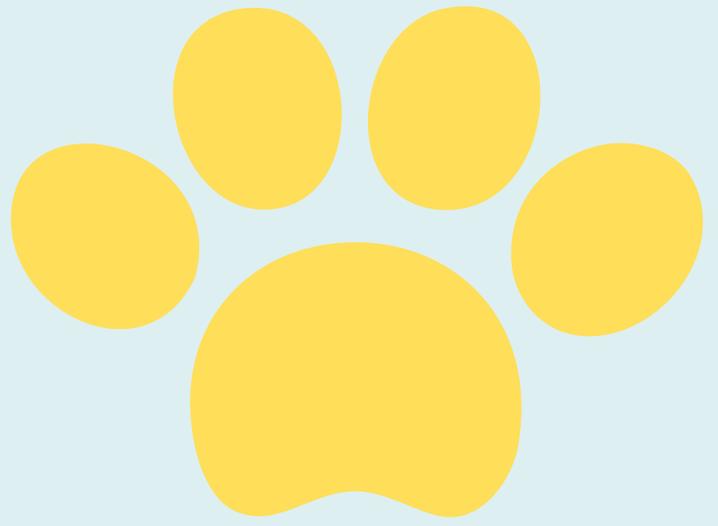


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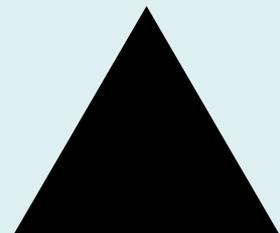
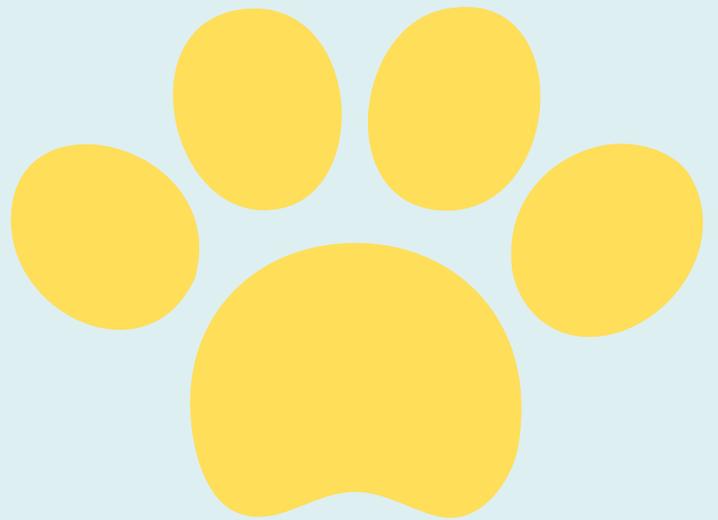


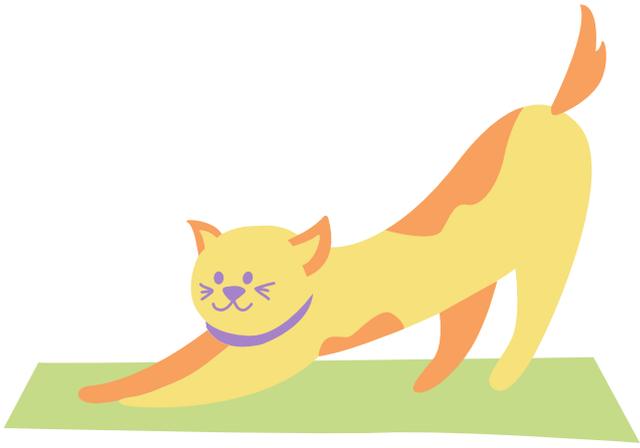


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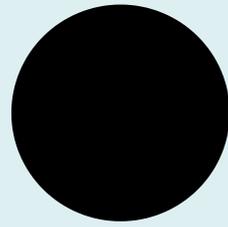
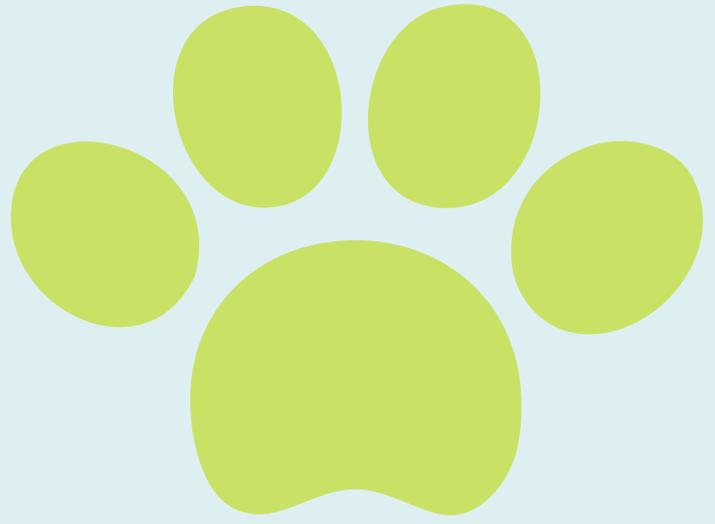


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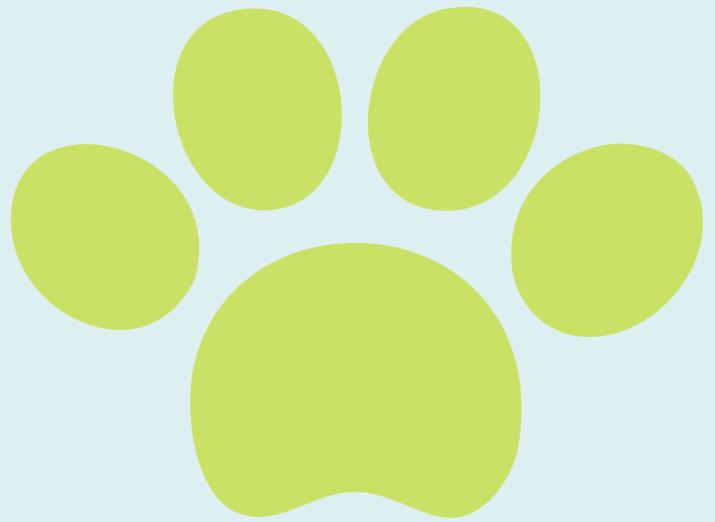


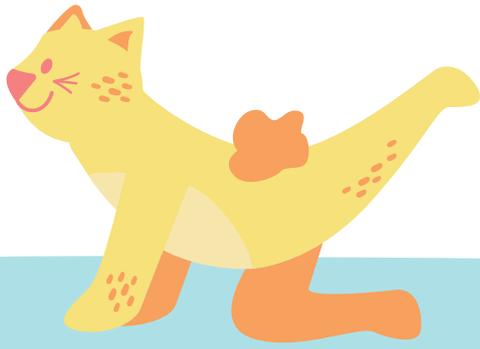


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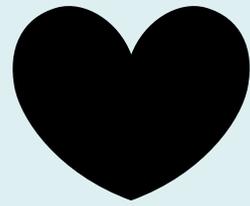
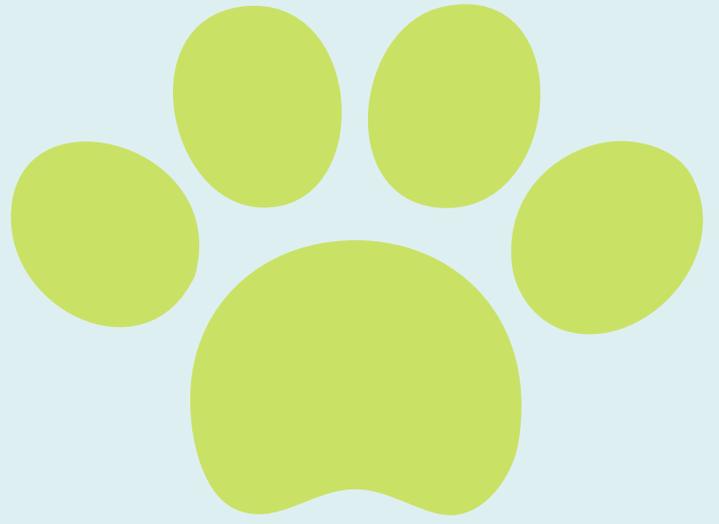


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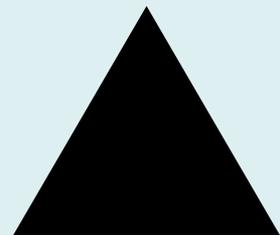
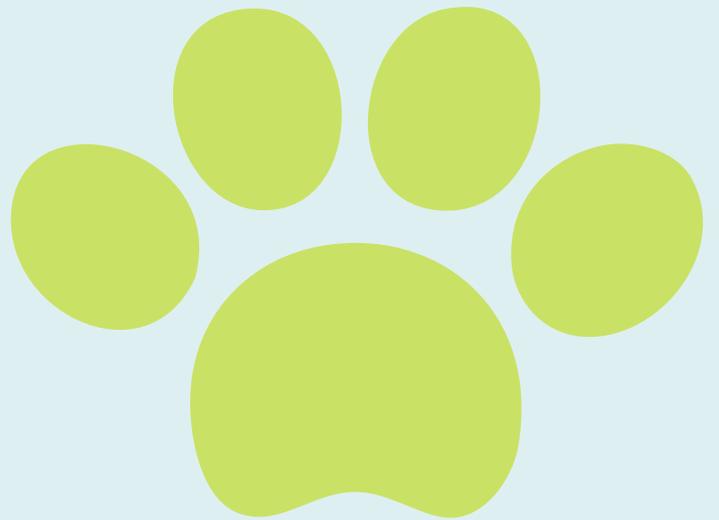




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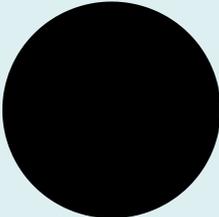
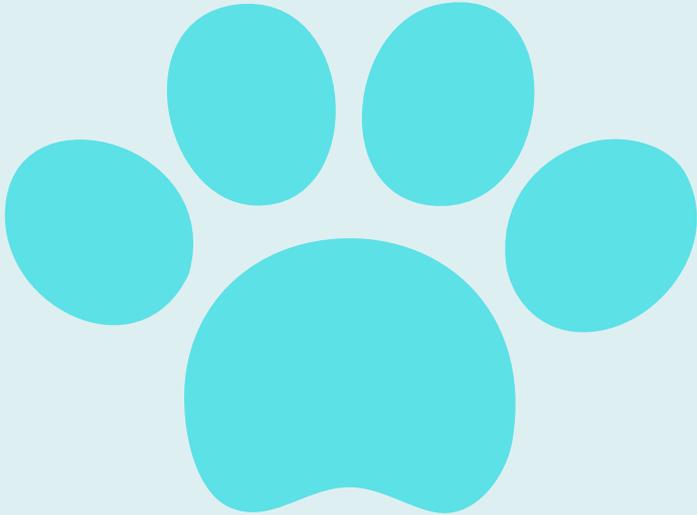


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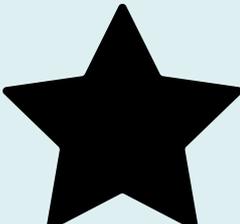
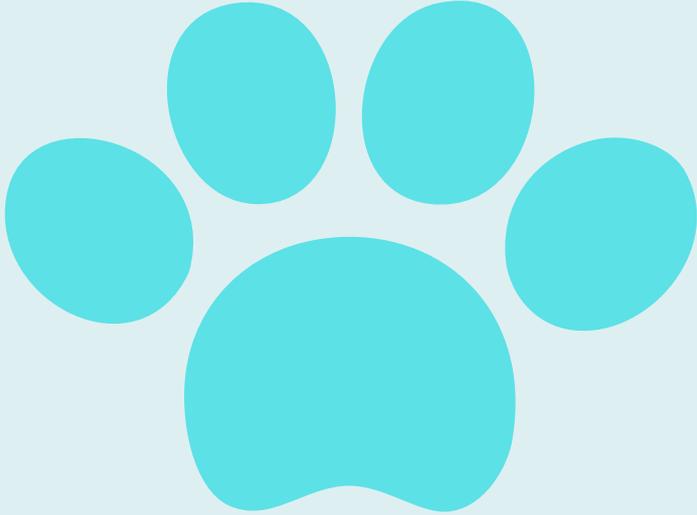


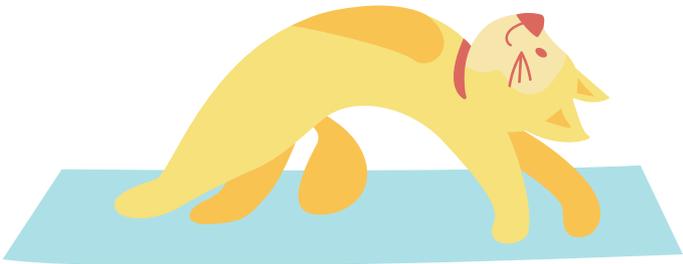


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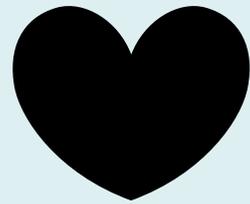
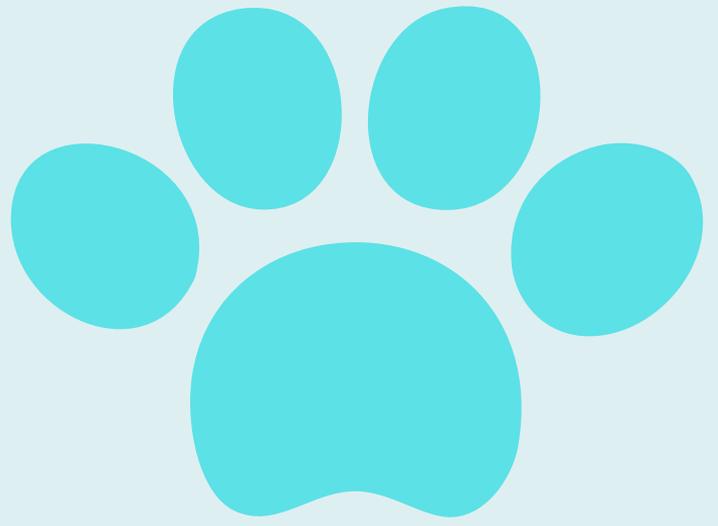


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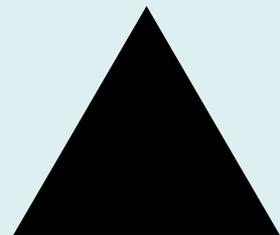
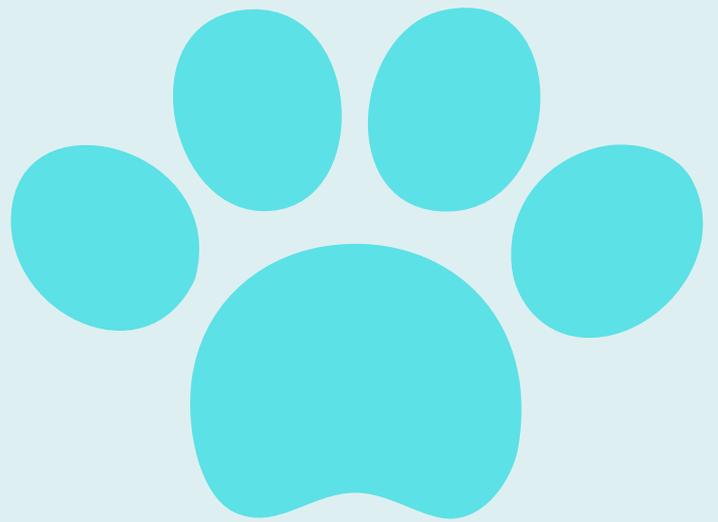




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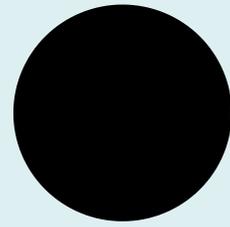
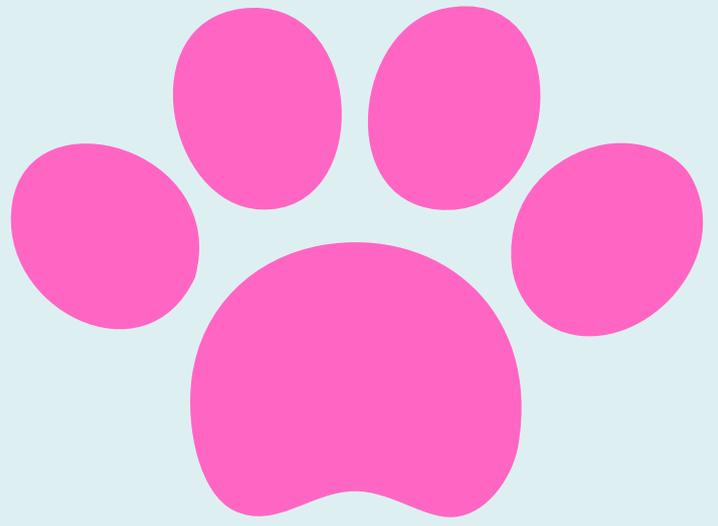


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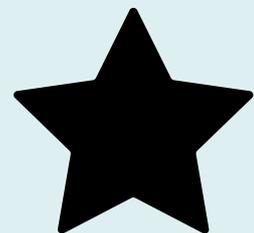
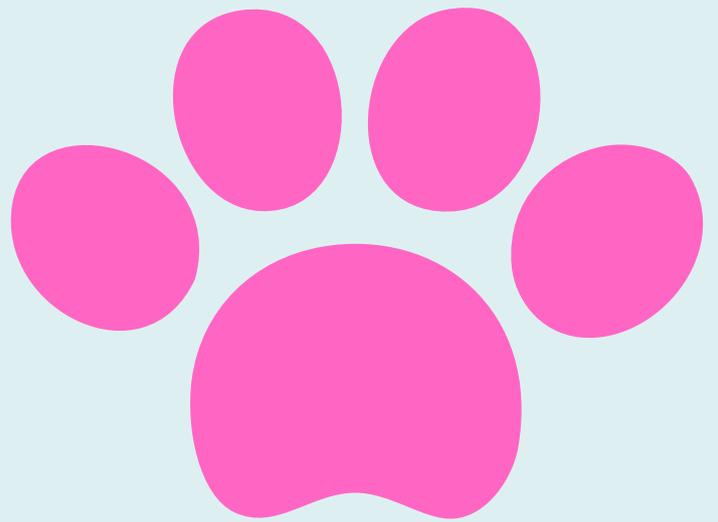




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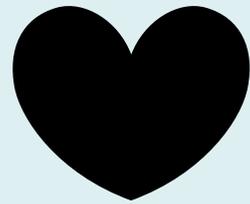
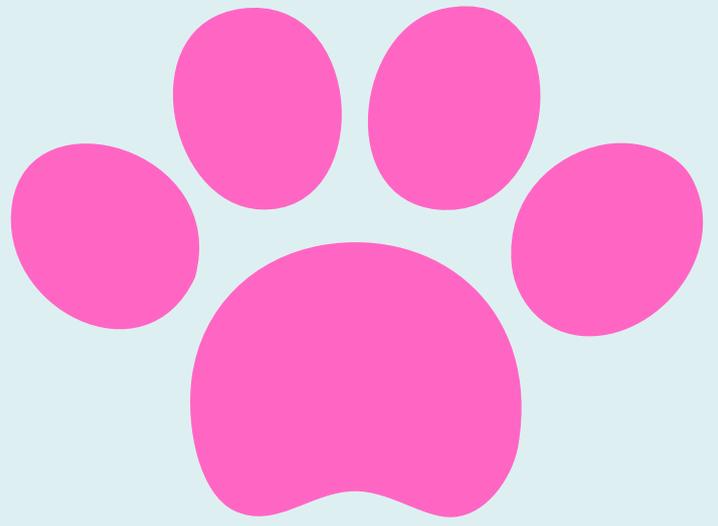


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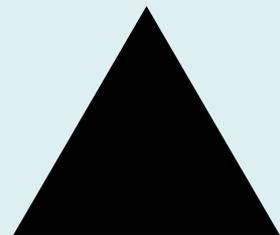
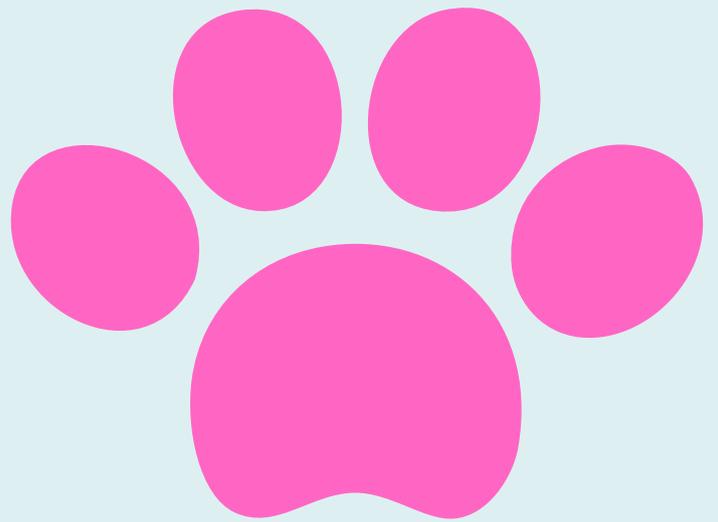




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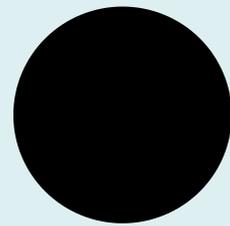


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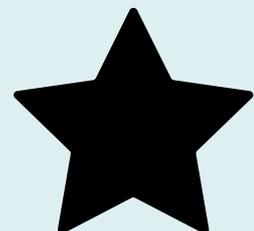
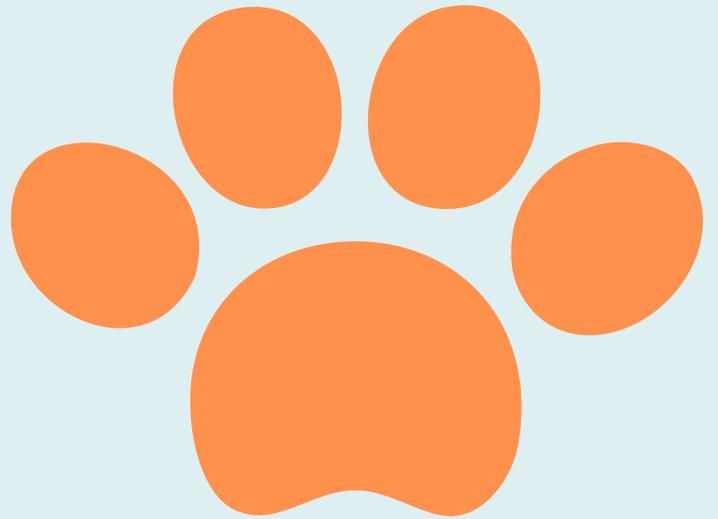


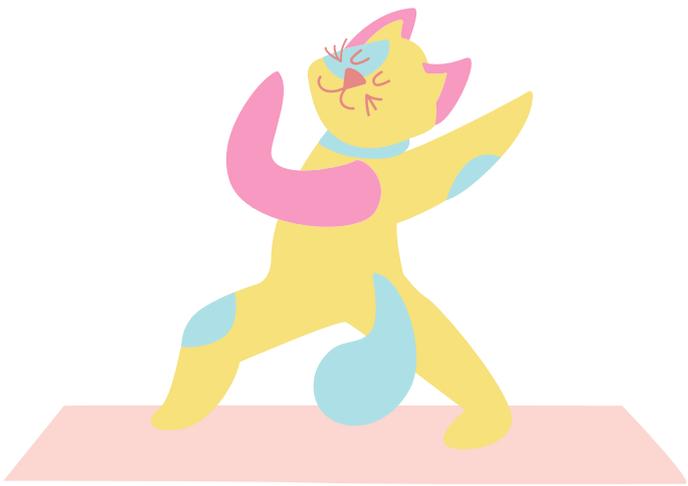


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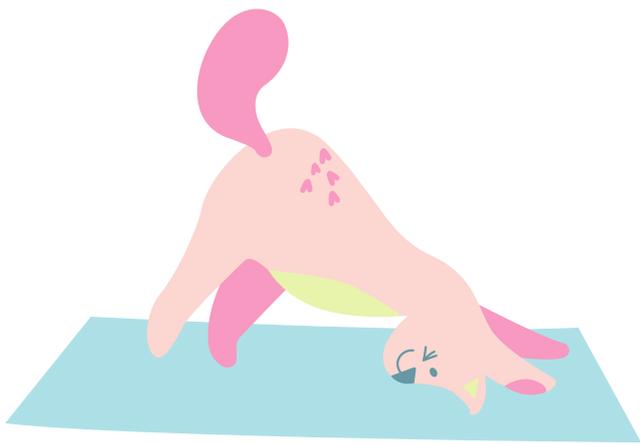
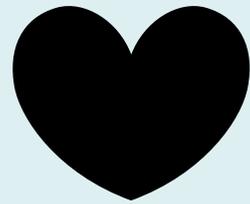
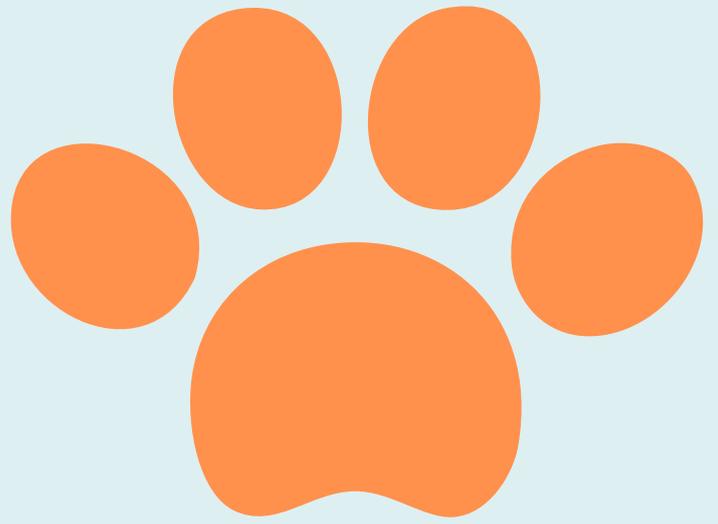


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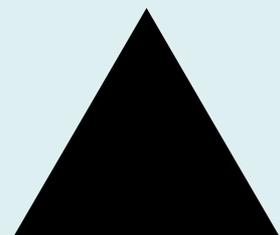
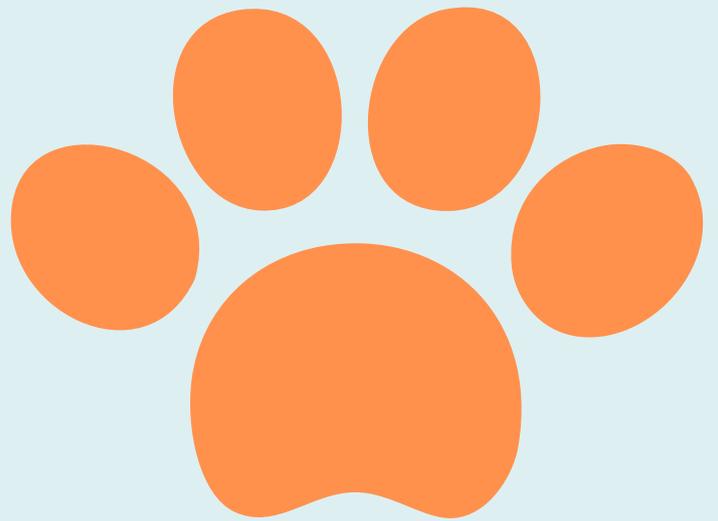




El cactus



El perro

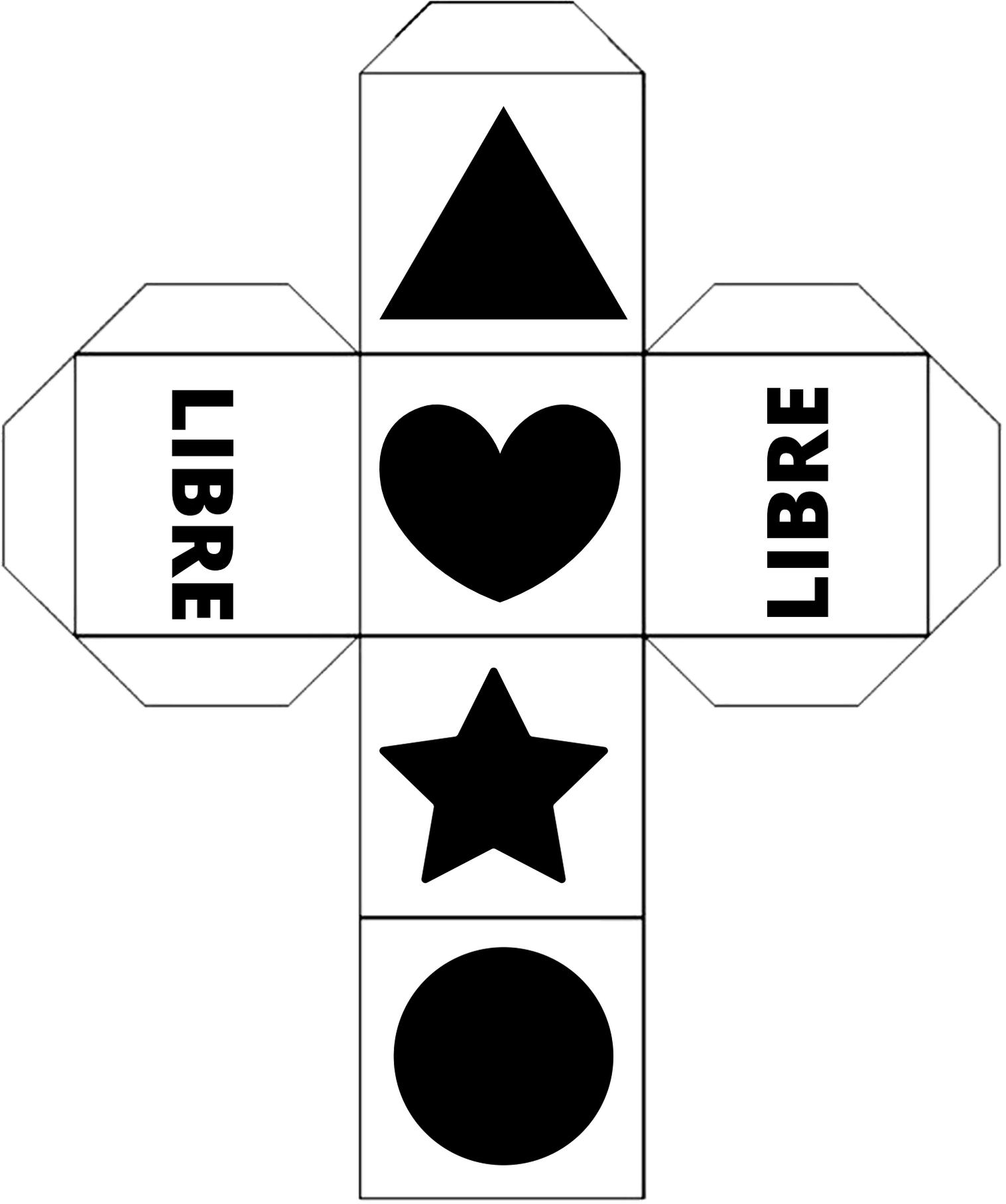


Dados

dados

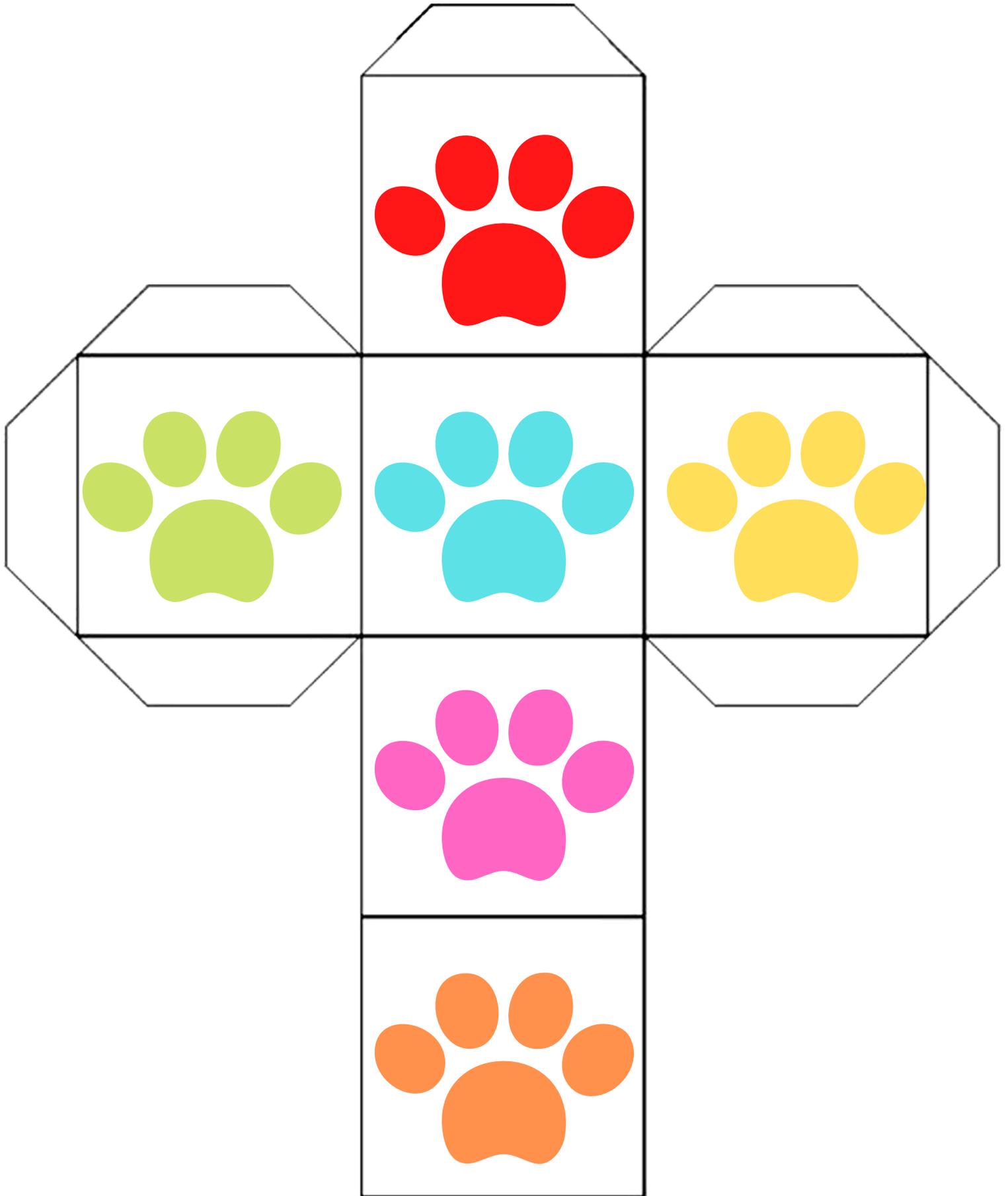


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