

Yoga

yoga

para pequeños
Yoguis



@dos_maestras_en_la_luna

Yoga

yoga

para pequeños Yoguis

¡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.

@dos_maestras_en_la_luna

Instrucciones

instrucciones

¿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.

@dos_maestras_en_la_luna

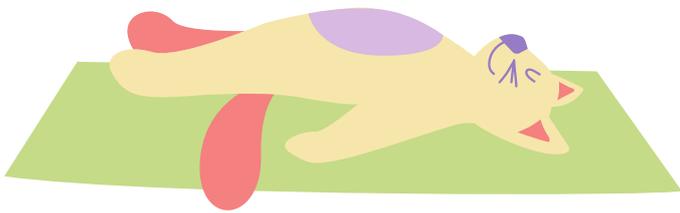
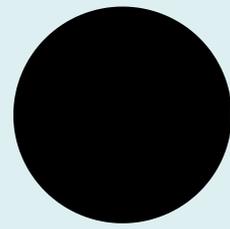
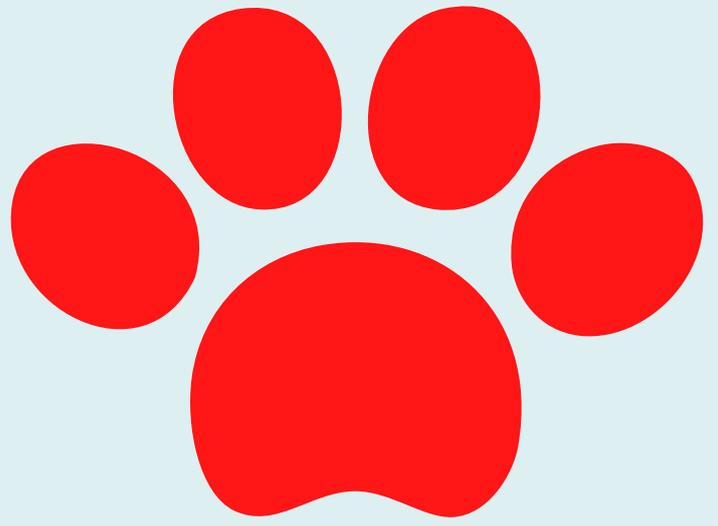
Tarjetas



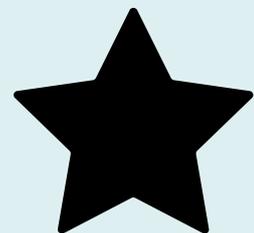
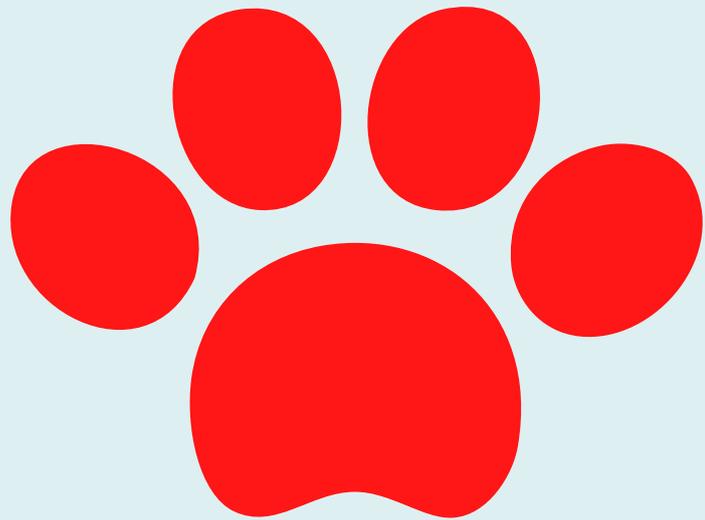
@dos_maestras_en_la_luna

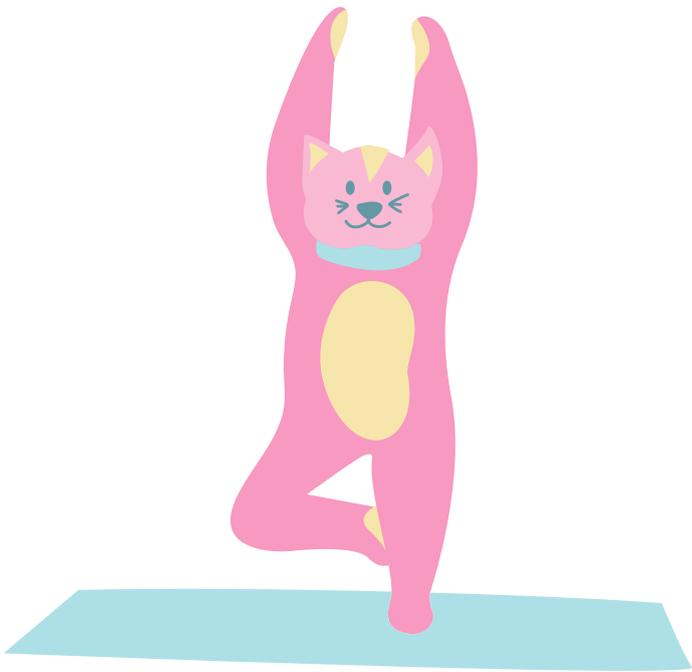


La montaña

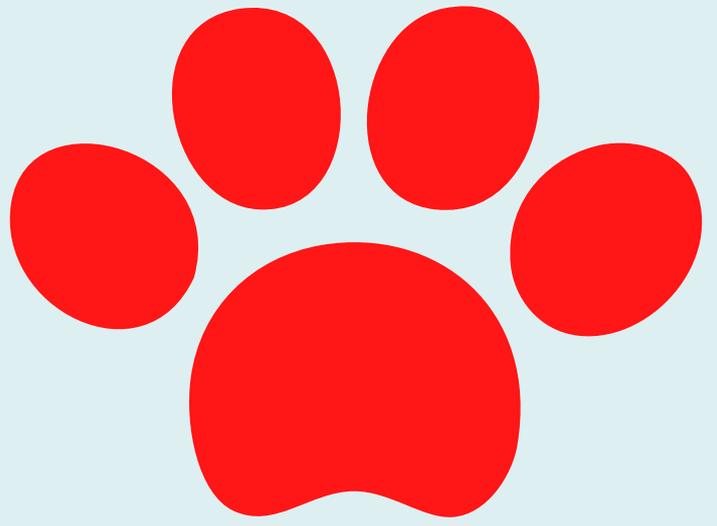


El gato
dormido

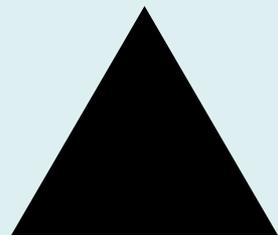
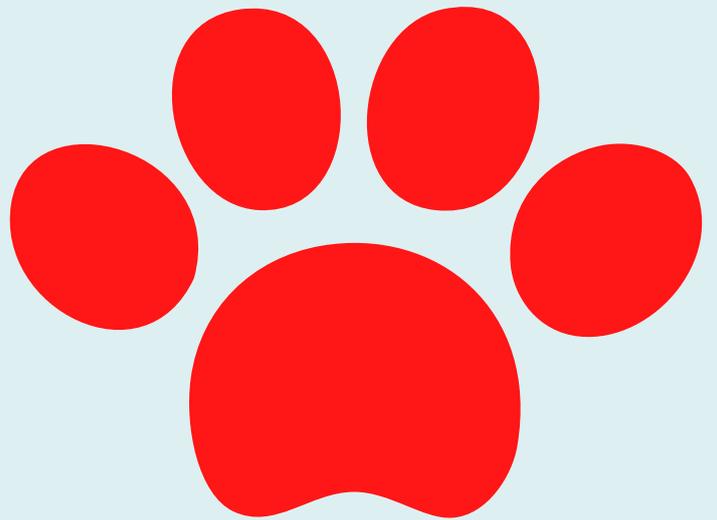




El árbol

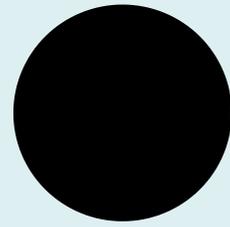
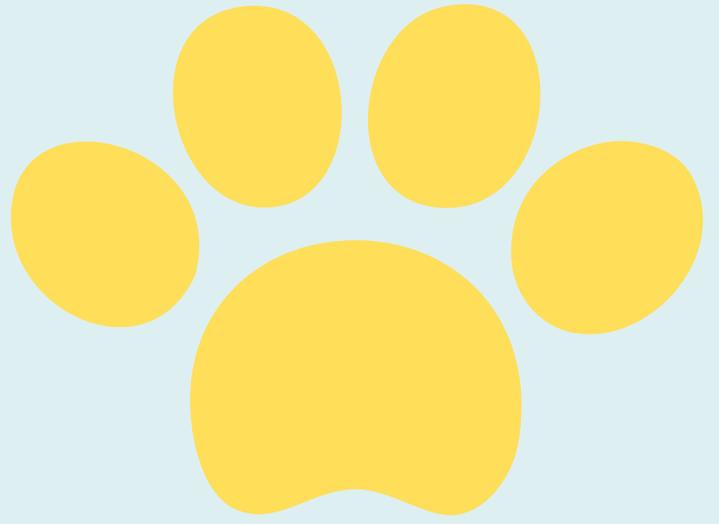


La luna

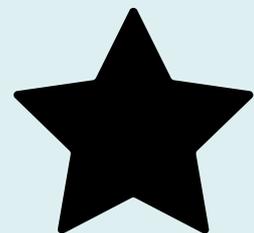
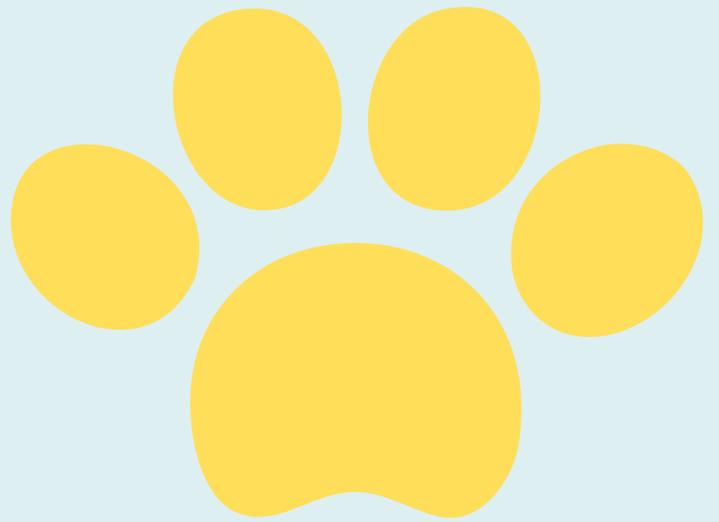




El sol

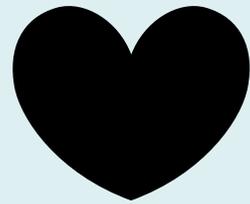
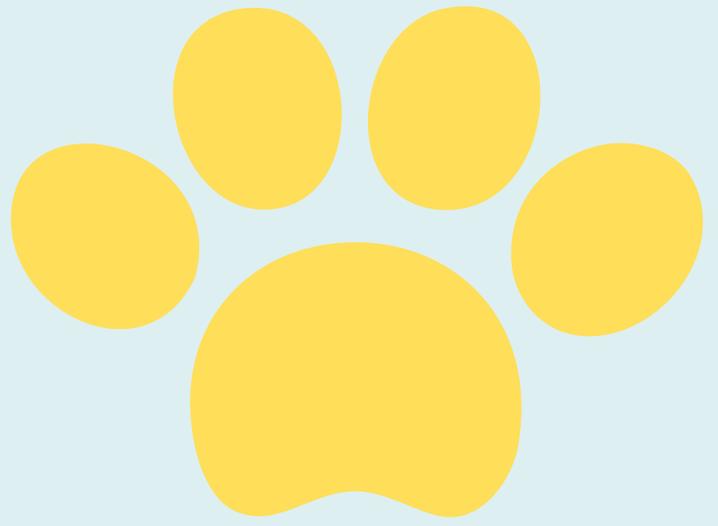


El guerrero

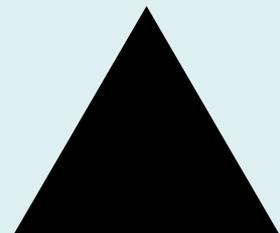
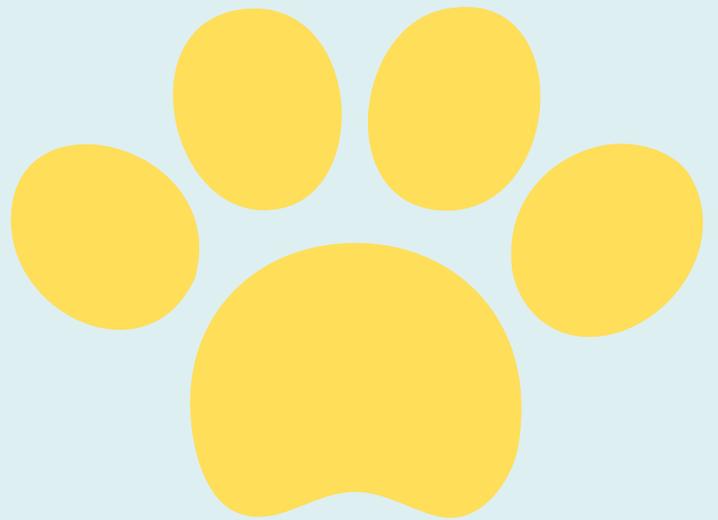


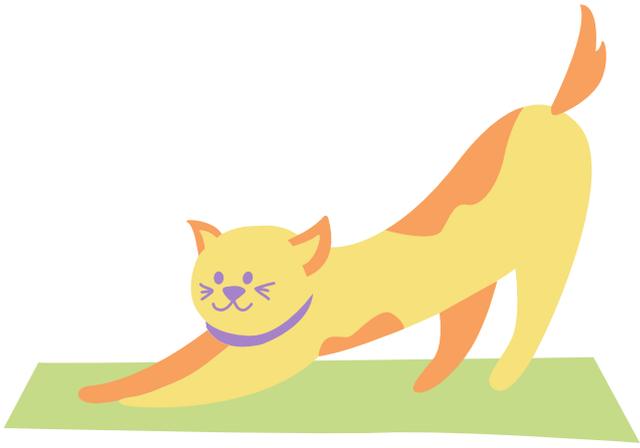


El bailarín

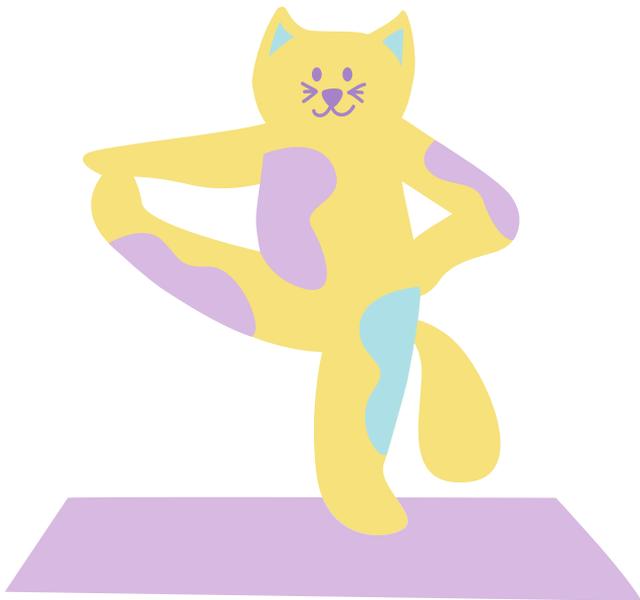
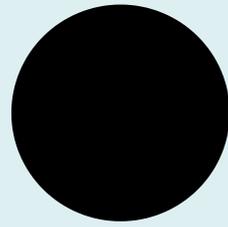
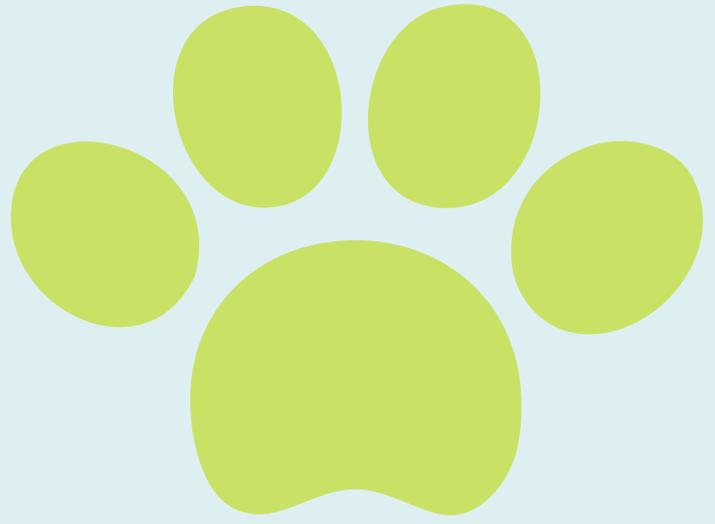


El oso

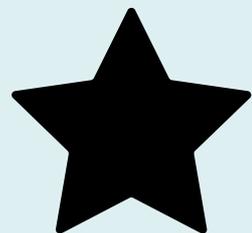
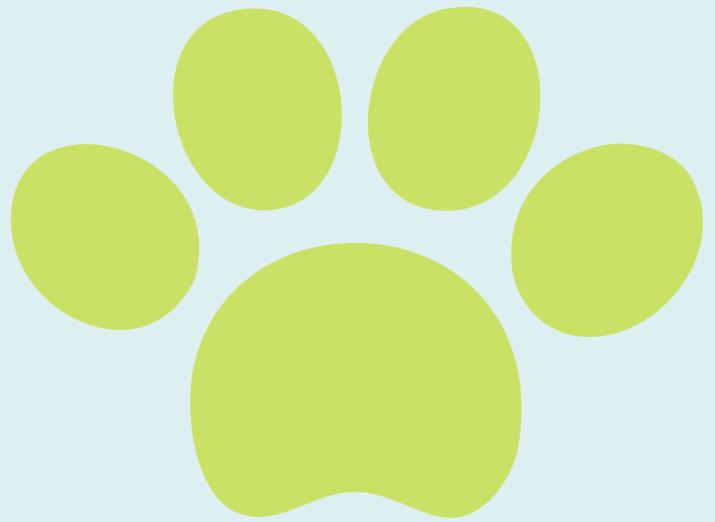


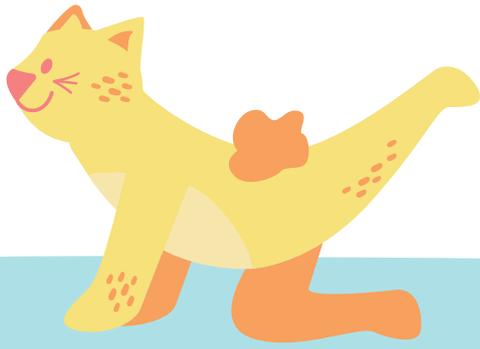


El gato

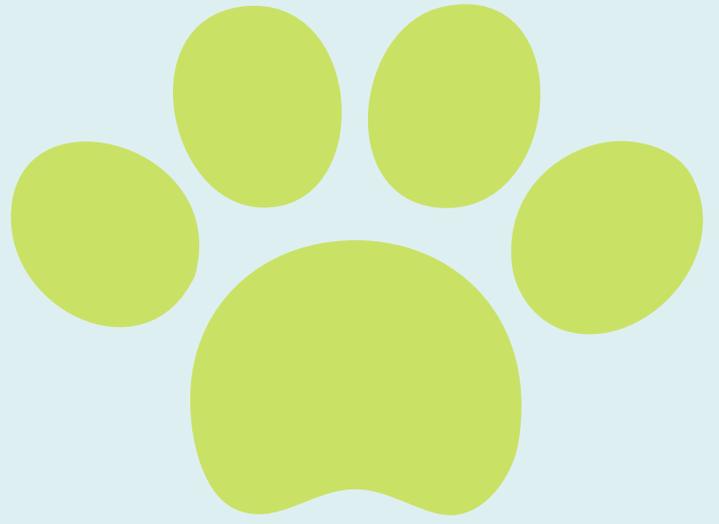


El flamenco

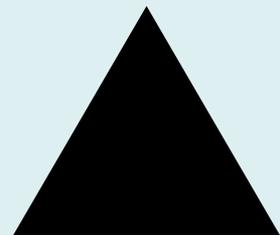
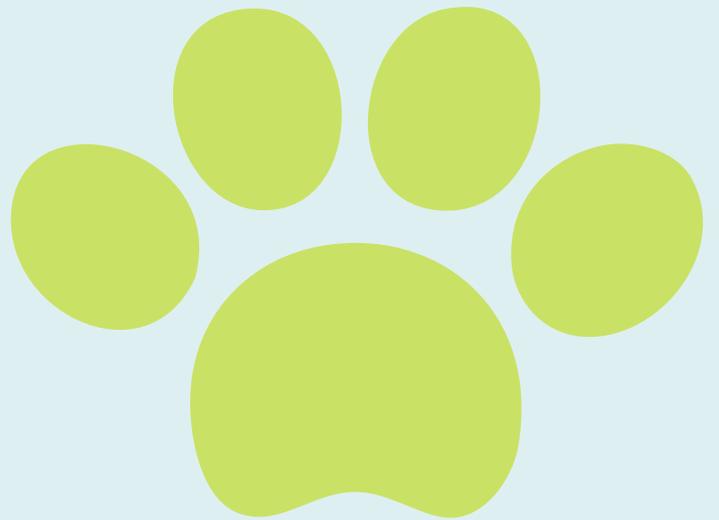




El tigre

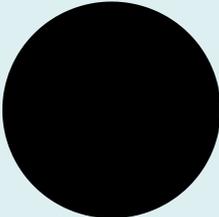
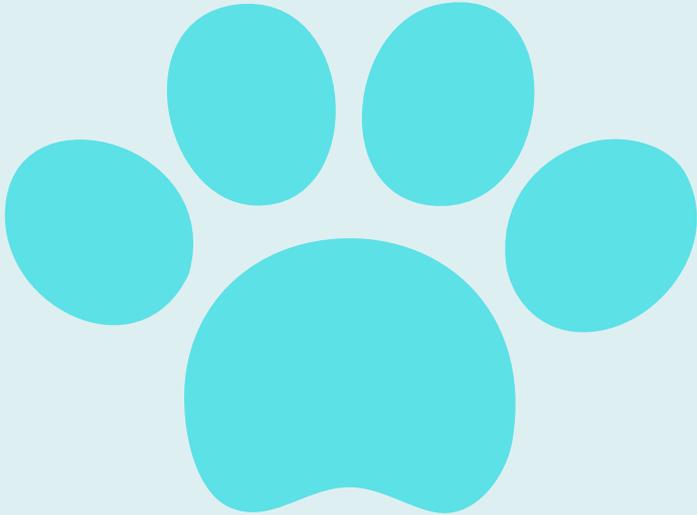


El delfín

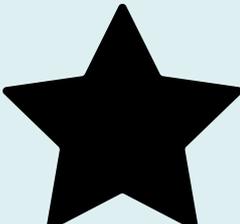
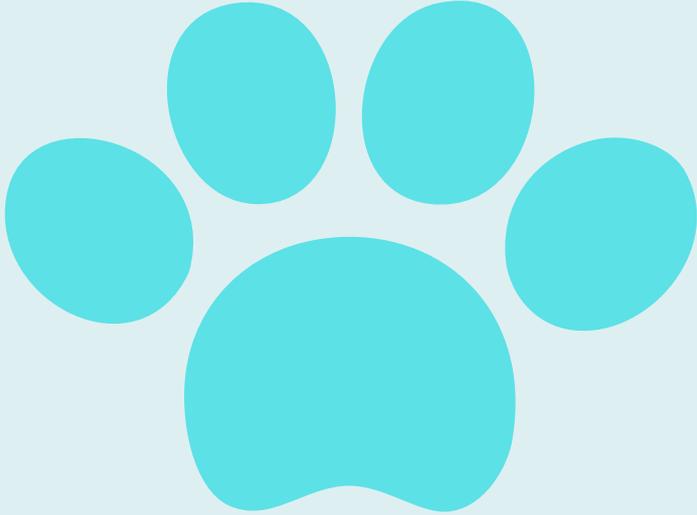


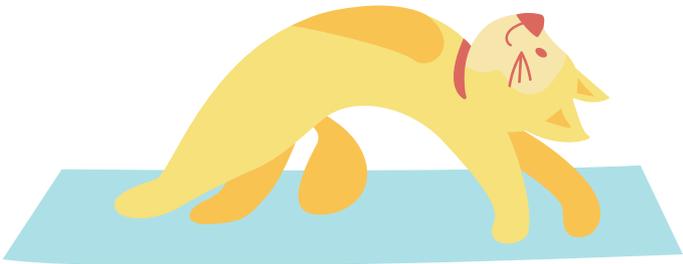


La estrella

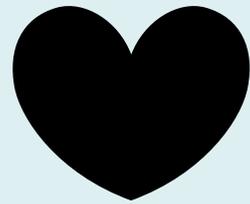
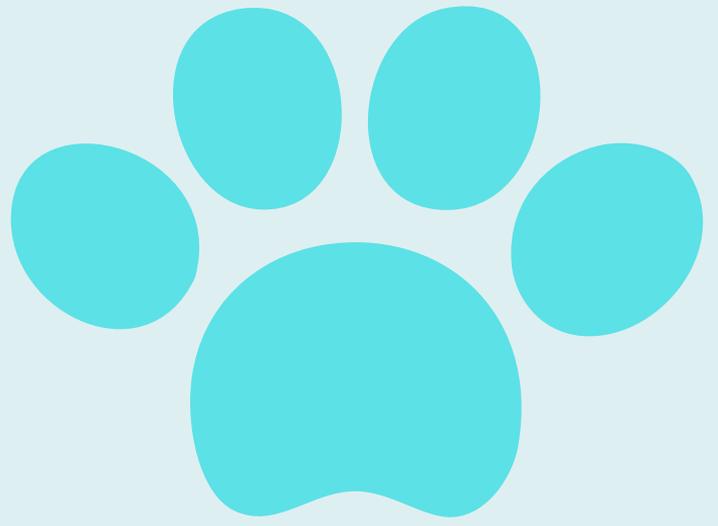


El indio

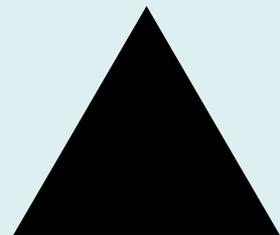
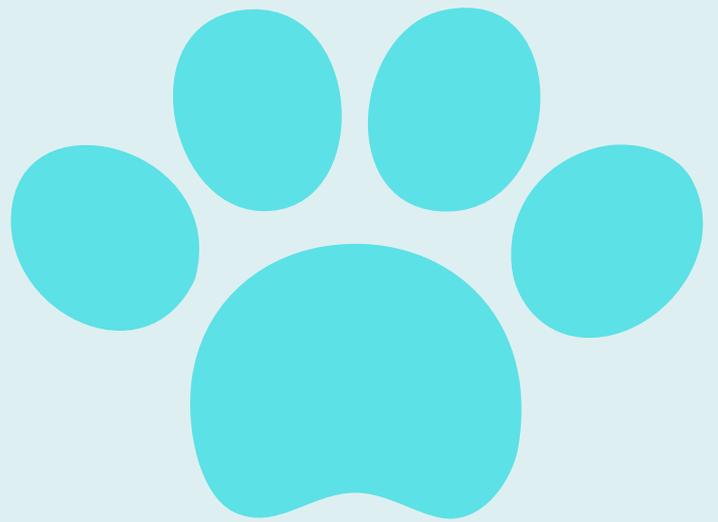




El puente

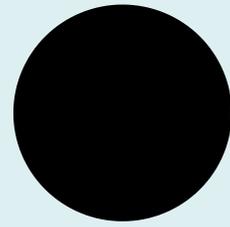
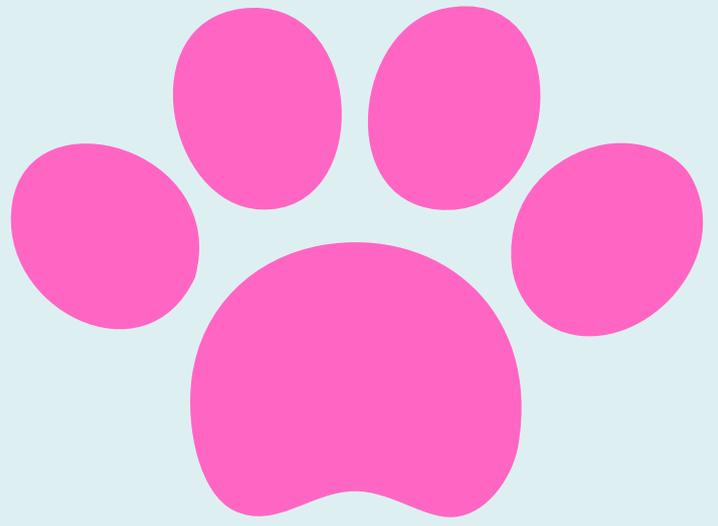


El barco

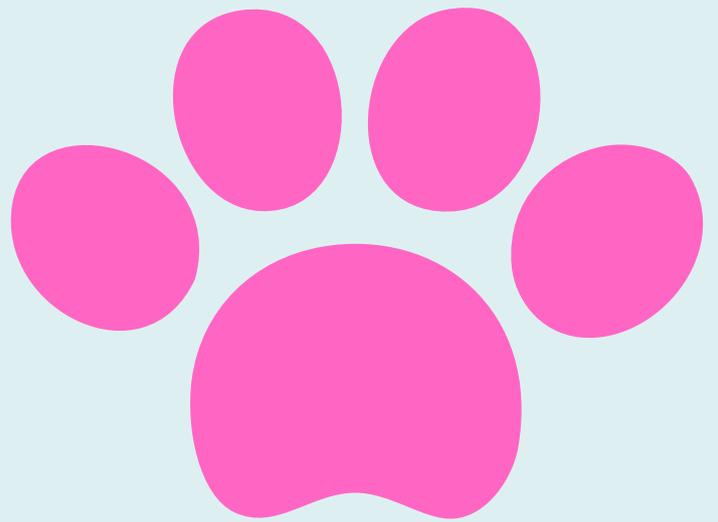




El arcoiris

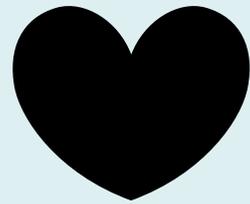
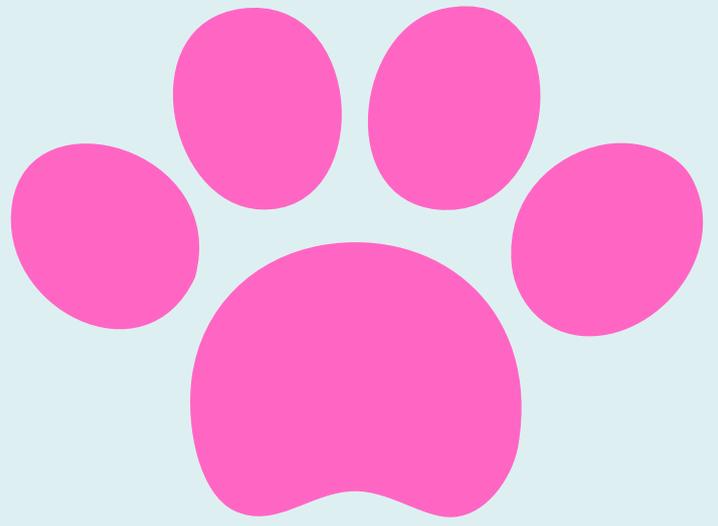


El caracol

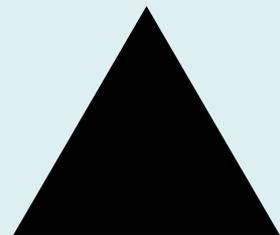
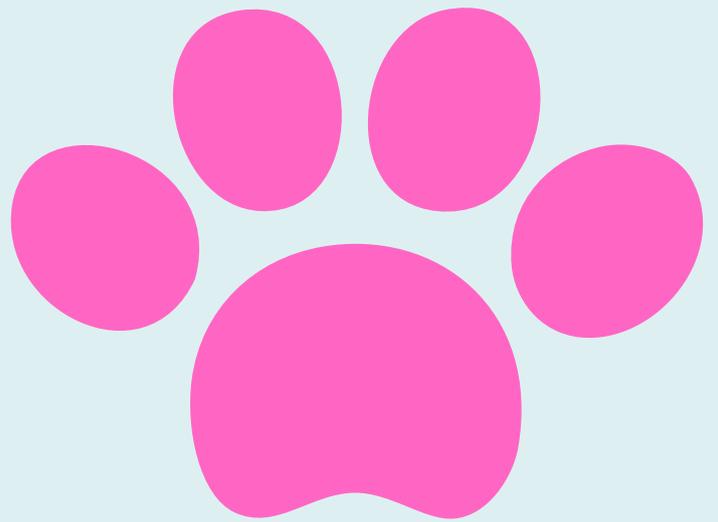




La jirafa

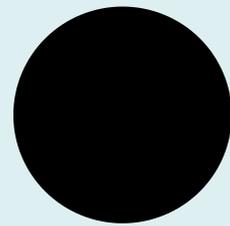
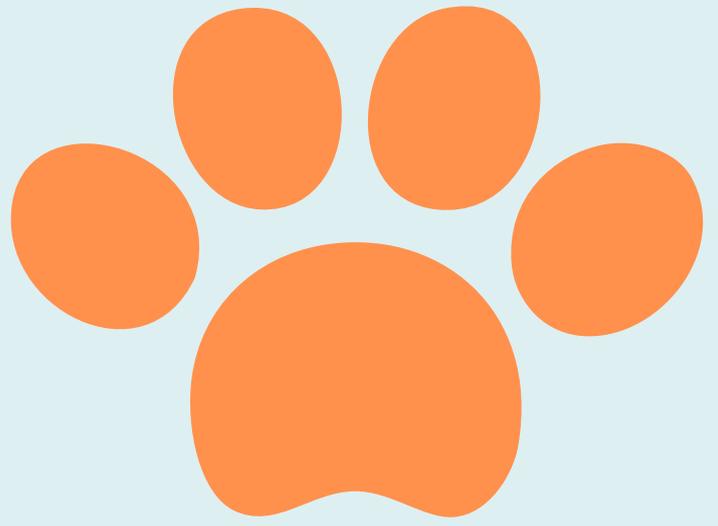


La serpiente

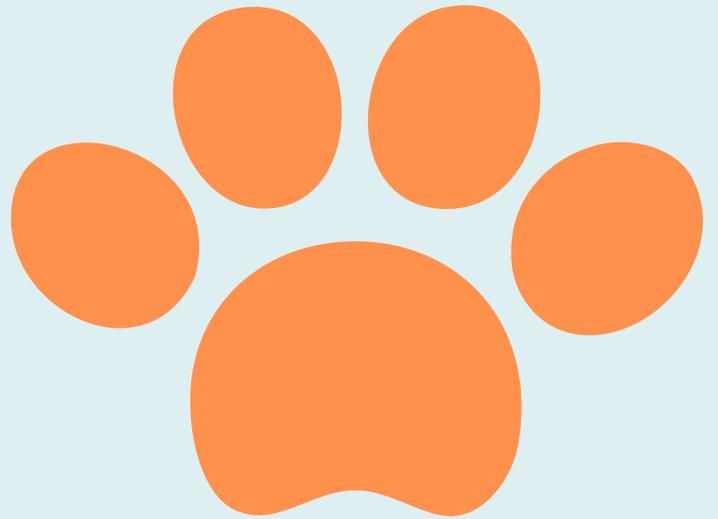




El mono

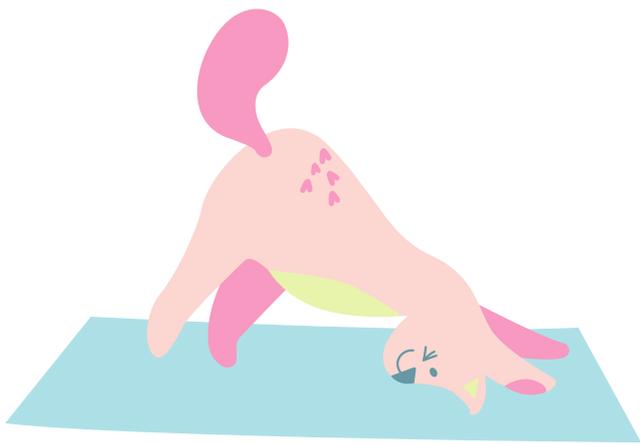
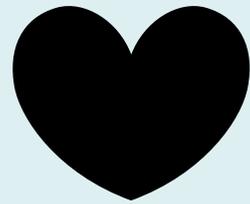


El león

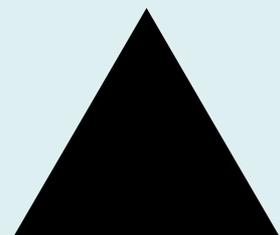




El cactus



El perro

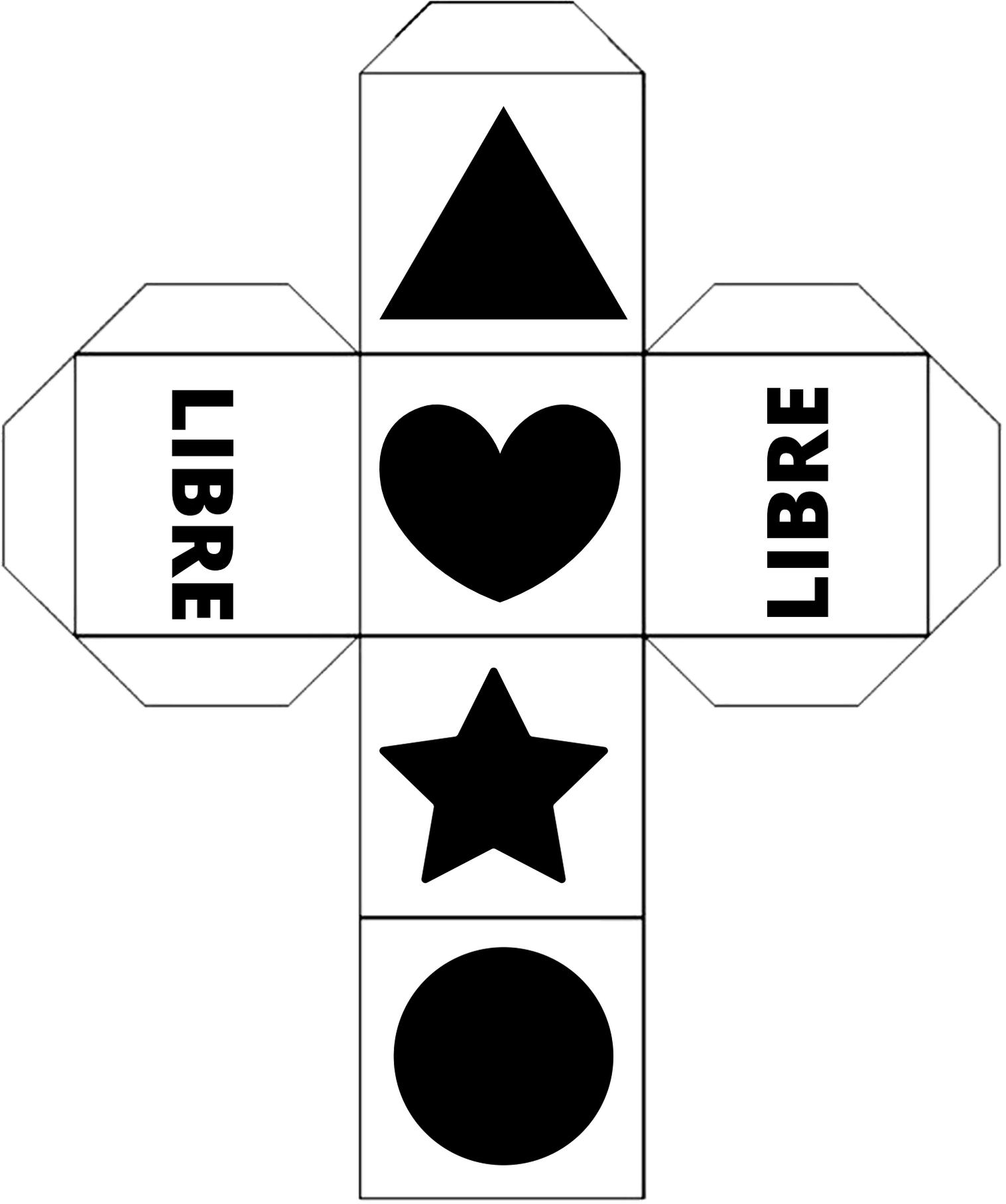


Dados

dados

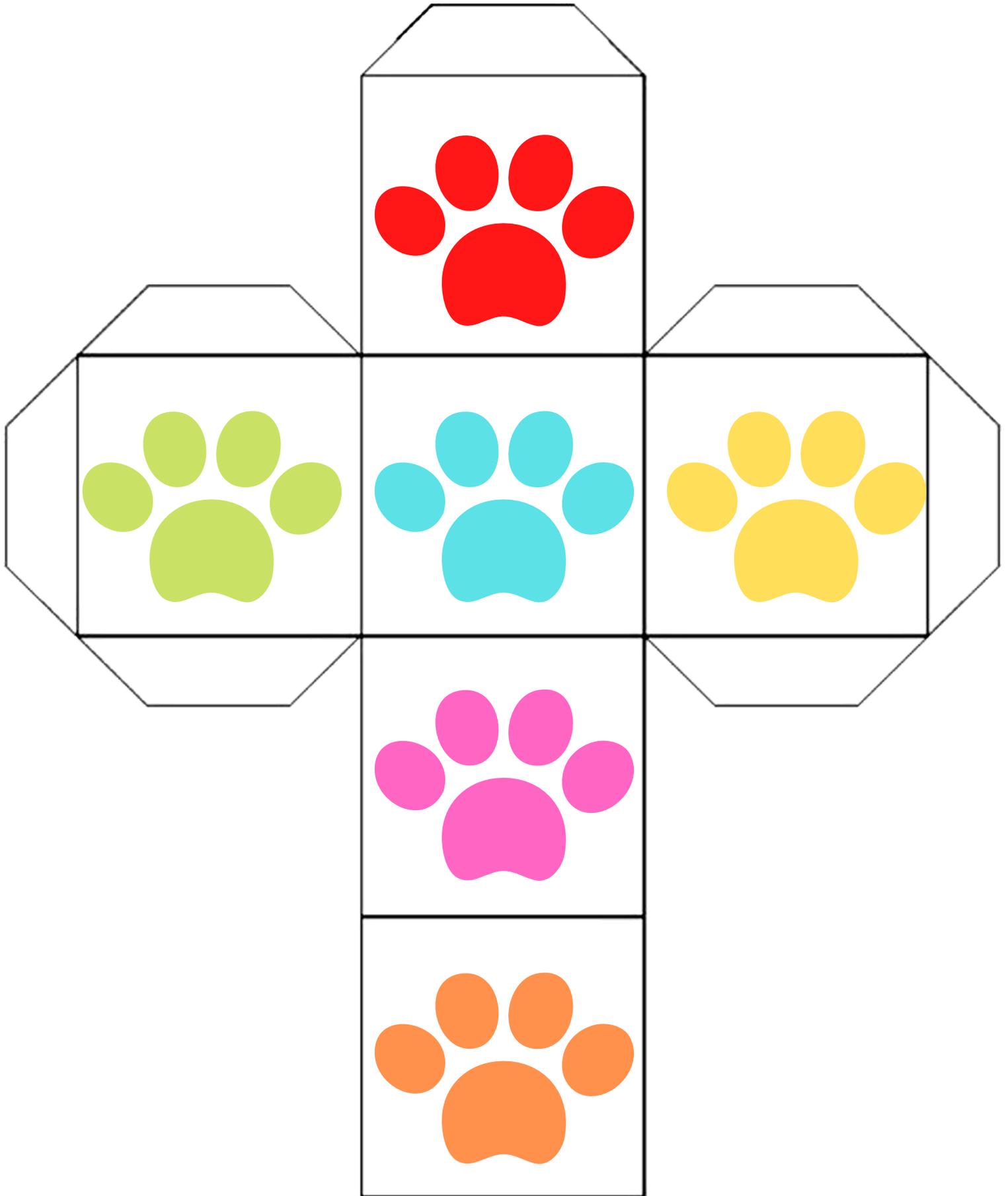


@dos_maestras_en_la_luna



LIBRE

LIBRE



Huellas



@dos_maestras_en_la_luna

