

My Daddy is a Pretzel Kit Overview

Supplies We Have Provided:

My Daddy is a Pretzel book
Balancing instruction cards (10)
Colored bean bags
Poly Spots
YogaKids Fun Collection DVD (2 Disks)
Yoga Mats (2)
Yoga Pretzels© Game Cards

Caution - Choking Hazard
Children younger than 4 should not be left unsupervised with small objects as they are a choking hazard.

Desired Results Developmental Profile (DRDPs):

Individual Activities

Fun Yoga Poses

10 REG
16 LRN
34 MOT
36 MOT
39 SH

Group Activities

Bean Bag Balancing

22 MATH
25 MATH
34 MOT
36 MOT

Group Yoga Poses

5 SOC
6 SOC
13 LANG
34 MOT
36 MOT
39 SH

Yoga Kids DVD

34 MOT
36 MOT

Yoga Reading and Stretching

29 LIT
34 MOT
36 MOT

Montessori Objectives:

Fun Yoga Poses

Direct: Refinement of Large Motor Skills

Indirect: Order, Concentration, Coordination, Independence

