



Yoga Day Activities for Class 5

Yoga is the journey of the self, through the self, to the self.

On this International Yoga Day, let us celebrate the ancient practice that connects body, mind, and spirit.

Yoga brings strength, peace, and balance to our lives. May we embrace yoga daily and live with energy, discipline, and harmony

🌟 **Yoga Flow:** A short sequence of 5-6 asanas.

🌟 **Speech Activity:** Students give 1-minute speeches on "Why I like Yoga" or "Yoga and My Health".

🌟 **Slogan Writing:** "Yoga for Peace", "Healthy Mind, Healthy Body" – display around school.

🌟 **Yoga Skit:** A small role-play or mime act on the theme "Yoga in daily life".