

103. Behind Your Back: Tape a piece of paper on each of the student's backs, and give them each a marker or a pen. Everyone goes around and writes a compliment, only nice comments are allowed, on each of the other group member's backs. When everyone is done, have each student remove the piece of paper from their back and read the comments about themselves to the whole group. Very empowering! And you can emphasize how important it is to always choose to see and emphasize the good in other people.

Something positive

104. Peace Pass: Sometimes, in our busy school day, we can forget to be still. This is a great way to help us all come together and reconnect. It also demonstrates how energy moves in a circular motion and that what you give comes back to you.

Sit in a circle and have everybody join hands, pass a squeeze around the circle like a current. Once the squeeze is flowing add a word such as, friendship, love, peace, respect, or kindness. You can pass two squeezes, two words, be creative and let the love flow.

105. Mantras/Positive Affirmations: It is not often that we get the chance to wish ourselves well, to allow self praise, to really believe we are worth it, school children and teenagers especially.

The word 'mantra' means to protect the mind. Positive affirmations lift our spirits and make us feel strong and empowered, leaving less space for negative thoughts.

Have a discussion with your class about mantras, first giving some examples:

I am calm and in control
I am good enough
I am strong
I am loved
I am confident
I am healthy

Give your friends some card to write their affirmation on, let them decorate the card and make sure they read it and repeat it as often as possible. Often the mantras are private or personal, you could display the mantras in your classroom anonymously, so that all of the children can read them as they walk in and out of the classroom during the day.

106. Yoga Phone: Sitting in a circle or a line, pass a word or a sentence with a positive message and see how much it changes or 'evolves' by the time it returns to you or reaches the end of the line.

Fun in this game:

- Use Sanskrit words, words from other languages, or the Latin names of animals or plants; tell the children the meaning of these words at the end of the round.
- Play the same game by drawing with your finger on the next person's back.

Tell us about your childhood games and how you can convert them into amazing yoga games!