



## YOGA-TTA GO FISHING/ DAG KACHOL, DAG LAVAN

Created by: Jess Golberg

Inspired Collaborator: Ardith P. Henoch

### Materials/ Supplies

- A fishing rod made with a magnet at the end of the line
- A blue yoga mat
- Yoga cards/poses in the shapes of fish
- Magnetic strip or paper clip on the "back side" of each fish



**How to Play:** This is a VERY fun game that can be adapted for a wide variety of lessons. The basic idea is to take pictures of the yoga pose you want to teach and cut them into fish shapes. (feel free to use the pictures included on the Yoga Yeladim resource page) Use card stock or laminate your pictures so they last longer. Glue a magnet or paper clip to the backside of each picture. To make a "fishing pole", take a talking stick (or any type of stick you want to repurpose) and tie a string or ribbon to it. At the end of the ribbon, tie a magnet.





## YOGA-TTA GO FISHING/ DAG KACHOL, DAG LAVAN

Spread all of your "fish" on a blue mat & let kids take turns fishing (but the whole group does the poses that they catch) . This is a really fun game that can be adapted to MANY wonderful themes. Be creative and have fun!!

### POSSIBLE GAME THEMES

- **Hebrew Colors:** Create cards in different colors and include the Hebrew name. When the child picks the card, he says in Hebrew what it is. Everyone repeats it. They lead the other children into the yoga pose on the other side of the card!



- **Shabbat Ideas:** Use pictures of the following



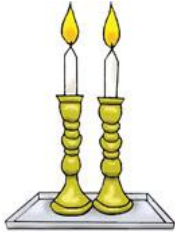
**Challah:** הלל (ha-lah- with a rolling back of the throat H)make bread or braiding bread with your body



## YOGA-TTA GO FISHING/ DAG KACHOL, DAG LAVAN



**Kiddush Cup/ wine/ grape juice** : סוכ שודיק/קיי /קיימ מיבנע : (*kos kee'doosh/yie'een/meetz an'a'veem*) Mountain Pose (standing respectfully to hear kiddush), tree pose- to symbolize 'the fruit of the vine'



**Shabbat Candles:** תורג תבש (*ne'rot Shabbat*) Candle Pose



**Sidur/ Prayer Book:-** רודיס (*see'dur*) Read a Book



**Torah :** הרות Tootsie Roll like a Torah Scroll



## YOGA-TTA GO FISHING/ DAG KACHOL, DAG LAVAN



**Flowers** :F מִיָּחָרֵף (pra-heem with a rolling back of the throat H)  
lower Pose



- **Places in Israel**

Use actual photos/ postcards and images

Some possible examples: Tel Aviv Beach, The Kotel /Jerusalem, The Dead Sea, The Kinneret, The B'hai Temple/ Garden in Haifa... with Hebrew word on card (if you have children from Israel in your class, you can ask them to bring a small image of the where they are from, this is great for a new students). When the child picks the card, he says in Hebrew where it is, everyone repeats it, or says something special about the place- maybe they were there! They lead the other children into the yoga pose on the other side of the card!



## **YOGA-TTA GO FISHING/ DAG KACHOL, DAG LAVAN**

### **Possible yoga poses for places:**

**Tel Aviv Beach- לת- ביבא** - Star Pose, Fish Pose, Dolphin Pose, Downward Dog, Upward Dog, Three legged Dog, Heron Pose, Turtle Pose, Boat Pose (especially Sail Boats!) Flower Pose, Tippy Toes, Crab Walking Pose, Pigeon Pose

**The Kotel- לתוכה/ Jerusalem- מילשורי** - Menorah Pose, Star Pose, Lion Pose (symbol on flag of Jerusalem!), Cat Pose (lot's of stray cats here!)Warrior Poses (with prose pose/ Yoga stories about our history in the land of Israel- of the brave people who have always had hope... also warriors of peace- as Jerusalem means 'City of Peace', and has people of all faiths living side by side!



**The Negev Desert- בגנה/ The Dead Sea- מי חלמה & Masada-הדצמ / Southern Israel-** Mountain Pose, Floating (Corpse) Pose, Flying Pose, Cobra Pose, Camel Pose, Worrier Poses, Bow Pose, Arrow Pose (can teach/ tie into the lesson plan about the history of Masada- was the last battle against the Romans after the fall of The Second Temple and the destruction of Jerusalem around 70 CE)

**The Golan- תמר ולוגה/ The Galilee- לילגה/ The Kinneret- תרנכה/ Northern Israel-** Mountain Pose, Flower Pose, Donkey Pose, Dead Bug Pose, Heron Pose, Butterfly Pose, Cow/Cat Pose, Eagle Pose, Tree Pose, Plow Pose, Fish Pose (The Kinneret is actually a Lake- fresh water), Boat Pose,

### **Other Possible themes for the class using Dag Kachol, Dag Lavan:**



## YOGA-TTA GO FISHING/ DAG KACHOL, DAG LAVAN

- **Jewish Holidays:** Have cards with symbols that best represent the upcoming holiday/s and their corresponding Hebrew words. When a child picks the card, they can read the Hebrew word or the image and say something about the image in relation to the holiday. They lead the other children into the Yoga Pose on the other side of the card! **(There are so many to choose from, a list of Jewish Holidays and possible images/rituals and poses coming soonish!)**
- **Emotions- make the faces of the emotions:** This is not only a great way to learn the Hebrew words for emotions, but also a amazing way for children to comfortably talk about emotions and feelings, and can open up many doorways for Karma Yoga, Meditation and Mitzvah Circle) Put the Hebrew word for the emotion on the card. When the child picks the card, he says in Hebrew what the emotion is- everyone repeats it, the teacher can ask “is anyone feeling SAMEACH? LAMAH/ why? They lead the other children into the yoga pose on the other side of the card!
- **Hebrew Vowels:** Make Learning the nekudot easy and fun by adding them to your Yoga practice. When child picks the card, they say the vowel sound out loud and everyone repeats it. The child leads the other children into the yoga pose on the other side of the card!