

Alphabet XYZ Sequence Activity

Watch the video and read the explanation before answering these questions/statements..

- 1. These 3 letters are**
 - a) the first 3 letters of the alphabet**
 - b) the last 3 letters of the alphabet**
 - c) in the middle of the alphabet**

- 2. For the 'X' Yoga Pose, the legs are**
 - a) open with a medium distance**
 - b) closed and together**
 - c) bent and not stretched**

- 3. For the 'Y' Yoga Pose, the upper body/ back, is**
 - a) curved inwards**
 - b) bent backwards**
 - c) kept straight and flat**

- 4. For the 'Z' Yoga Pose, we start/begin**
 - a) standing up**
 - b) sitting down**
 - c) kneeling down with the bottom on our feet**