

Chair Sequence Activity

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

- 1. A 'chair' is a thing/ an object that we usually**
 - a) eat on
 - b) sit on
 - c) stand on

- 2. For Chair Pose 1 and 2 we**
 - a) sit on the chair
 - b) stand up next to the chair
 - c) stand behind the chair

- 3. In Chair Pose 1, the main body part that stretches is our**
 - a) hands
 - b) feet
 - c) back

- 4. In Chair Pose 2, the foot of the bent leg goes**
 - a) on the knee of the other leg
 - b) behind/before the knee of the other leg
 - c) on the floor

- 5. To do Chair Pose 3, we stand up**
 - a) behind the chair and place our hands on the back of the chair
 - b) in front of the chair
 - c) next to the chair