

GK-2

Chapter 42: Fun with Yoga – Worksheet

Multiple Choice Questions

1. Which yoga pose resembles a tree?

- a) Cobra Pose
- b) Tree Pose
- c) Boat Pose
- d) Butterfly Pose

2. Which yoga pose helps in relaxation?

- a) Savasana
- b) Bridge Pose
- c) Bow Pose
- d) Camel Pose

3. Which part of the body becomes stronger with yoga?

- a) Eyes
- b) Stomach
- c) Whole body
- d) Teeth

Fill in the Blanks

1. Yoga helps improve our _____ and flexibility.
2. The pose done while lying down calmly is called _____.
3. Tree Pose helps in improving _____.

True or False

1. Yoga helps in keeping the mind calm. (True/False)
2. Savasana is a difficult yoga pose. (True/False)
3. Yoga is only for adults. (True/False)

Short Answer Questions

1. What are the benefits of doing yoga daily?
2. Name any two yoga poses mentioned in the chapter.
3. Why is Savasana important at the end of yoga practice?