

## -Tree Tag-

## **Materials Needed:**

• N/A

## **Instructions:**

- 1. This is a version of 'Freeze Tag.' When someone gets tagged, they become frozen or 'rooted' and they go into the yoga pose 'Tree'.
- 2. For this pose, they stand on one leg with it in the nook of their other knee and arms raised above their head pointing toward the sky.

