



WELLBEING BEES

Children's YTTC

Assignments -Module 7

Please watch this video- <https://www.youtube.com/watch?v=StrbppmsZJw&t=113s>

1. In simple language, explain what the Chakras are and what each one represents, including the following:

- Sanskrit name and meaning
- Sound
- Colour
- Element
- Function
- Body part
- Deity
- Asana and practices to align the energy flow

2. Choose two chakras, one you associate yourself with, and one you don't. Explain why? Which poses/activities could you use to help balance the energy in these chakras?

3. Think of an activity you could do to introduce the Chakras to children (Choose age group)