

Instructions

Materials you will need:

crayons, pipe cleaners, glue stick & scissors

Method:

Colour in the front & back, then cut out your character.

Snip the pipe cleaner in half, then make a cross by bending one in half over the other to secure.

Glue the insides, place the pipe cleaners in between, then press both sides together! Ta Da! Now you have your very own Yoga Buddy!

Happy Panda Children's Yoga