

Name: _____

Going for Yoga

Directions: Read the article “Y Is for Yoga” (page 8). Then answer the questions below.

1. The word *yoga* comes from the word *yuj* in the Sanskrit language. What does that word mean?
 - A. exercise
 - B. yogurt
 - C. to come together

2. Which are three benefits of yoga?
 - A. strengthens muscles, helps with balance, makes you grow taller
 - B. strengthens muscles, good for relaxation, helps with breathing
 - C. helps with flexibility, improves basketball skills, good exercise for dogs

3. Why does the teacher in the article say “yoga is the best thing a student can learn to do”?
 - A. because it helps students learn control
 - B. because he wants more people to take his yoga class
 - C. because yoga can help students get better grades

4. Which of the following is *not* something we learn about the students in the story?
 - A. Adam broke the record for the 1-mile run at his school.
 - B. Peter and his mom are closer because they both take yoga classes.
 - C. Emma gets stress relief from doing yoga.

5. Choose the sentence that best sums up the article.
 - A. Yoga is a form of exercise you can do with your friends.
 - B. Yoga can help with your running and basketball abilities.
 - C. Yoga is becoming popular with more kids and their schools.

6. Do you think you would like yoga? Write two sentences explaining why or why not.
