

Phase 6 Mountain Pose

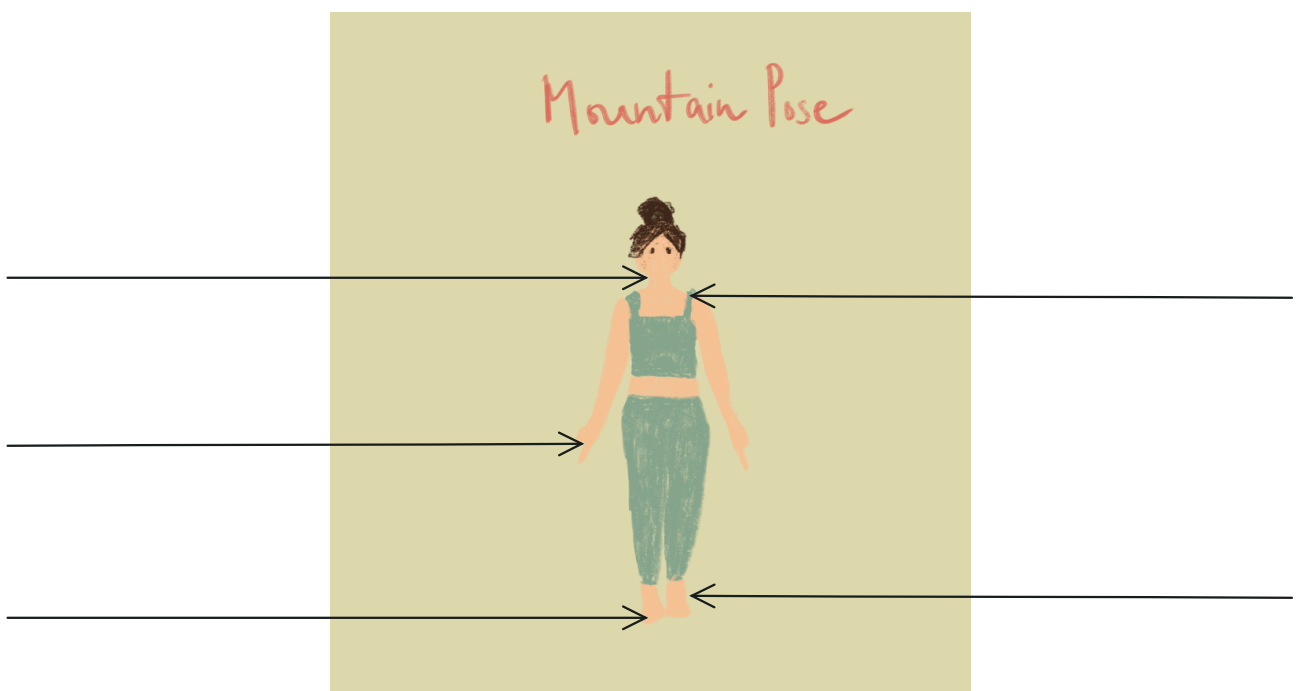
English 6

I stand in Mountain Pose.
I roll my shoulders down.
I hold my neck straight.
I open my palms.
I put my big toes together.
I have my heels apart.

- ① Find the German sentence.
Finde den deutschen Satz.

- | | |
|-------------------------------|--|
| I stand in Mountain pose. ● | ○ Ich rolle meine Schultern runter. |
| I roll my shoulders down. ● | ○ Ich stehe in der Berg Haltung. |
| I hold my neck straight. ● | ○ Ich öffne meine Hände. |
| I open my palms. ● | ○ Ich mache meine großen Zehen zusammen. |
| I put my big toes together. ● | ○ Ich habe meine Fersen auseinander. |
| I have my heels apart. ● | ○ Ich halte meinen Nacken gerade |

- ② Write the English sentences next to the according part of the body.
Schreibe die englischen Sätze neben das dazugehörige Körperteil.





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English 6

- ③ Write all the verbs of the sentences into the box.

Schreibe die Verben aus den Sätzen in die Box.

- ④ Rewrite the sentences using she.

Schreibe die Sätze in der sie-Form auf.

- ⑤ Put in the correct words.

Füge das richtige Wort ein.

big 1x has 1x He 1x his 4x holds 1x Pose 1x puts 1x rolls 1x
stands 1x straight 1x

He _____ in Mountain _____.

He _____ shoulders down.

He _____ neck _____.

_____ opens _____ palms.

He _____ his _____ toes together.

He _____ heels apart.

