



Yay it's december!

Christmas Countdown by Wobbelyoga

1



Come sit on your Wobbelboard in a cross-legged position. Turn on your favorite Christmas music and wobble back and forth. Listen carefully, the music may stop suddenly! If the music stops, stand still as soon as possible. Then wobble on and listen again.

2



The Christmas tree is strong on both sides of the Wobbel. Try them both! Stand strong with your feet in the middle. Your arms grow in the air, the branches blow back and forth in the wind. What Christmas song about a tree do you know? Can you also balance with a Christmas ornament? Or a little light in your hands?

3



Choose a Christmas ornament (that will not break) and put it on your Wobbel. Stand on your Wobbelboard and gently wobble back and forth. Rock, balance and try to keep it on your Wobbelboard!

4



We're baking Christmas cookies together! Lie down on your Wobbel. On your back we will bake the tastiest cookies! Warm the hands and rub big circles. It's the flour in the bowl! Sprinkle sugar with your fingertips, and gently press butter into the dough with your thumbs. Continue like this until you have delicious cookies and then change roles. Enjoy!

5



Santa has a big white beard. Make a Santa by using wool threads and cotton wool on the felt side of your Wobbel. It will stick!

6



We turn ourselves into a present! Choose a warm blanket. Place the blanket on your Wobbel and lie down on top of it. Now let someone fold the blanket. This way you become a beautiful package. Put on some calming music. This present is gently rocking back and forth in the sled. Who will you wrap up next?

7 Do you also see so many lights around you these days? And do you have a little light in your house? Put it on your Wobbel and get down on your knees. Now put your hands on one side and your feet on the other. Stretch your legs and raise your bottom. You are now the house. Is your light shining so warm and beautiful too? And does it sway quietly back and forth?

8 Did you know that you can have the most amazing adventures on your Wobbel and that anything you think of is possible? Take your favorite book. Read it together and now experience the story on your own Wobbelboard. What is your main character experiencing? For example, what do the animals look like on the Wobbel? How can you walk, climb and ride? Have fun!

9 Gather your blocks around the house and try to build a Christmas tree on either side of your Wobbel. The Christmas tree is bound to wobble so do it very carefully. And can you decorate the tree afterwards?

10 Come and sit on your knees in the middle of your Wobbelboard with your hands together in front of you. This is your sled! Can you also carry a present in your sled as you wobble back and forth? Want to fly together? Then come sit back-to-back in the middle in a crossed position. Place your hands in front of you on the edge of the Wobbel and fly together!

11 On Instagram, you can find our Christmas adventure in IGTV. The animals are having a party in the forest. Will you join me?

12 Get on your knees on your Wobbelboard, bring your bottom to your heels and bend over. Make yourself as small as a mouse. Listen carefully because someone is now putting Christmas ornaments under your Wobbel. Don't look. Do you know how many are under you now?

13 Come stand on your Wobbel with your legs wide and with a garland in your hand. Ready to decorate everything! As you move back and forth, swing the garland. From left to right, with a curve, circles, all the way up and down. Can you also do it with two garlands and both hands at the same time?


14 Place your Wobbel on its side, now you can hide behind it. Choose dolls or craft your own Christmas characters. Now practice with a story and open your theater! Who is coming to watch your performance? Invite everyone or make a video of it!


15 Time to walk across the rooftops! Come and stand on the narrow side of the Wobbel and walk step by step to the other side. Be careful! There may be a roof tile loose, so take a big step across it or walk sideways. When you get to the other side, you can take a big leap into the chimney!


16 Download the Wobbel Cards and play Bingo together!


17 Do you hear the Christmas bells? Collect 3, 4 or 5 things in the house that make an interesting sound. Then place the Wobbel on its side and hide behind it. Ask someone at home to let you hear one of those things. Shhh, listen carefully. And? Do you know what it is?


18 Santa Claus flies everywhere. But how does he know his way around? Use clay to make a map for Santa. By making double clay lanes full of curves, a ball rolls right through your route as you move back and forth on the Wobbel.


19  Wishing you a December full of glitter, smiles and hugs! Do you have a wish for someone? Come sit on your Wobbel and close your eyes. Open your hands and make your wish in your mind. Put your hands together and rub them warm. Put your warm hands on your heart and breathe in and out slowly. Now we send this special wish with thought-post through the air!

20  Pick out 3, 4 or 5 Christmas items to hide under your Wobbel. Put a blanket over your Wobbelboard and ask someone at home to put something under your Wobbel. Don't look! Now you can get under the Wobbel with your hands without seeing anything. What is hidden underneath?

21  We're going to fly through the air like Santa and the reindeer! Come lie on your belly on your Wobbel. Stretch your arms, legs and fly! Can you also manage to balance presents or a Christmas ornament on your back while flying?

22  Download the Wobbelyoga mandala and color it while listening to Christmas music. Maybe you can even add a little glitter!

23  Stand on your Wobbel and sing your favorite Christmas song. Rock back and forth as you sing. Ready to take the stage? Then turn your Wobbelboard around and stand strong in the middle. The stage is yours!

24  Time to shine like a real star! Do you have a light at home? Hold it in your hands. Or maybe you have one for both hands? Come stand on your Wobbel with your legs wide and lift your arms into the air. Rock back and forth like a real star. Now turn off the big lights and turn on the music. By swinging your arms back and forth, your little light will shine everywhere!