Yoga for Kids
Why Teach Yoga?

Yoga is a great way to get students’ minds and bodies ready to learn.

- **Physically**, it enhances their flexibility, strength, coordination, and body awareness.
- **Mentally**, doing yoga on a regular basis improves creativity, helps with concentration, decreases behavior problems, boosts confidence, and relaxes their minds.
- **Spiritually**, doing yoga, children **exercise, play, connect** more deeply with the inner self, and develop an intimate relationship with the natural world that surrounds them. Yoga brings that marvelous inner light that all children have to the surface. When children imitate the movements and sounds of nature, they have a chance to get inside another being and imagine taking on its qualities.”

Marsha Wenig  Yoga journal
Ways of introducing the moves

Teacher models the moves

Teacher uses verbal instructions

Student pro or helper

Yoga for Kids - Full Yoga Class #31 - Kids Yoga - with Guest Instructor Mai Meret - Namaste Yoga

https://www.youtube.com/watch?v=qBOdAde-rmg
Sample Routine

- Start in mountain (calming)
- extend into bird (balance/stretch visualize)
- reach into superhero (extension visualizing
- bend into forward fold (flexibility/calming)
- plank (strength)
- cobra (strength/flexibility)
- down dog (extend)
- rock (calming)
“When children learn techniques for self-health, relaxation, and inner fulfillment, they can navigate life’s challenges with a little more ease. Yoga at an early age encourages self-esteem and body awareness with a physical activity that’s noncompetitive. Fostering cooperation and compassion—instead of opposition—is a great gift to give our children.” Wenig
Integrating yoga into your busy day
improvement of listening/viewing skills
following multi-step directions
journaling about non fiction concepts in nature (animal reports)
writing steps in a process
real world math problems (size, speed, distance,number stories)
locating where various animals/landforms are on a map
Resources