

Yoga for ALL Kids  
Virtual Academy 2021

What are the benefits of yoga?

1. Yoga helps manage anxiety
2. Yoga improves emotional regulation (connect to other people and to their environment)
3. Yoga boosts self-esteem
4. Yoga increases body awareness and mindfulness
5. Yoga enhances concentration and memory
6. Yoga develops children's strength and flexibility
7. Yoga teaches discipline and reduces impulsivity

Tips for teaching yoga for kids

1. Start from where they are
2. Some needs are physical
3. Other needs are mental or social
4. Emphasis touch, hands-on assistance, sound and breath
5. Success builds success. Always build on the child's strength
6. Yoga is not a competitive sport, there is no end point, no winner and everyone wins.

Where do you start with a yoga routine?

1. Always start with simple- Breathing is the most basic and easiest place to start.
  - a. Mountain pose
  - b. Child's pose
  - c. Warrior 2
  - d. Tree
  - e. Ball
  - f. Rest Pose (corpse pose)
2. Choose simple poses. Build time and practice (increasing the amount of poses) when child is ready.
3. Once student becomes comfortable with some basic poses, yoga can be evolved into simple games to assist with participation and engagement. I.e. Mirror, Mirror/ Yogi says/ Red Light, Green Light yoga.
4. Making time in your family routine will help work these yoga activities into daily life. Try embedding into your typical schedule.