



KIDS YOGA

Yoga is an amazing way to help keep kids limber and moving, while also teaching them deep breathing and emotional regulation. It can help calm them when they're angry, release tension when they're hyper, and much more. Introducing it into class can be a valuable way to help keep kids grounded and healthy.



Steps:

There are a ton of online resources for yoga (some listed below). Find poses that your students like and can do. Some are more age appropriate than others. As time goes on, beginner poses may become easier and easier and you can introduce more difficult ones. Make sure they're all safe and appropriate (no head stands!). Do whatever's best for your kids!

Some good basic poses: Child's Pose, Boat Pose, Bow Pose, Bridge Pose, Cat Pose, Cobra Pose, Downward Dog, Cow Pose, etc.

Good Resources:

<https://www.kidsyogastories.com/kids-yoga-poses/>

<https://www.emedihealth.com/wellness/yoga-meditation/yoga-poses-for-kids>

<https://www.purewow.com/family/yoga-poses-for-kids>

https://www.momjunction.com/articles/easy-and-effective-yoga-poses-for-your-kids_00377906/