



Yoga for Kids

“Zip-a-Dee-Doo-Dah, Zip-a-Dee-Ay...My, oh my, what a wonderful day! ”

The poses we encourage you to practice can help your child improve focus and attention, sensory information processing, communication, self-regulation, and motor control. **Suggested poses (will vary for your child's needs):** EASY/SEATED, CHILD'S, CAT, COW, DOWNWARD DOG, TREE, WARRIOR, RESTING.

Make yoga safe and accessible.

It's important that your child is SAFE, supervised, and has access to modifications and support if he/she needs it. Each pose can be modified to individual needs. Poses may be held for longer or shorter amounts of time, or can be skipped completely. Know your child's limitations and gently adjust your child for safe alignment.

Allow yoga to feel right for your child's body

Adjust expectations for what your child looks like doing yoga—it may not look like the pictures! In tree pose, place your foot on your ankle, shin, or thigh. If this is too challenging, rest the toes on the floor while the heel touches the ankle. Help your child get into poses as he/she works toward doing them independently. For example, in downward dog pose hold up your child's hips; In tree pose, hold up your child's arms. Ask your child to notice how they feel as they are doing yoga.

Allow breath to guide everything

Encourage your child to breathe deeply when holding a pose. **BREATH WORK:** 1) Count breaths with your child (inhale/exhale on a 2, 3, or 4 count), try a four square breath (inhale, pause, exhale, pause and ask them to draw a square in the sky as they breathe), try a flower breath (open and close the fingers like a flower blooming as you inhale and exhale), or try lion's breath (inhale through the nose, open the mouth, stick out the tongue to exhale strongly). Breath helps soothe your child, calming the parasympathetic nervous system.

Use props to encourage your child to work on poses independently

WALL: Encourage your child to do poses next to the wall and use the wall for balance. **CUSHION/PILLOW:** Try sitting on a cushion or a pillow to help your child sit up with a tall spine or sit independently. **DRISTI OBJECTS:** Place small objects on the floor to help your child with balancing poses like the tree. Place the object about 4-6 feet in front of your child to focus on something that doesn't move while balancing. **EYE PILLOW:** During the relaxation pose, cover your child's eyes with a yoga eye pillow or soft fabric.

Try partner yoga

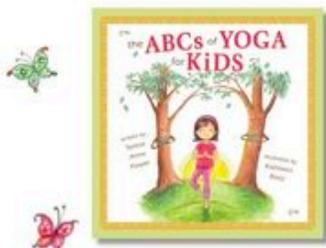
Experiment with double tree pose. Facing a mirror, both you and your child do the tree pose with your child's back leaning against the front of your body. (You can hold your child's arms up for extra support or you can both help each other to balance). Look in the mirror and smile at each other!

Make yoga INVITING

Help your child prepare for yoga by finding a special place that is quiet, neat, and as distraction-free as possible. Play soft music and dim the lights to set a peaceful tone.

Make yoga FUN

Yoga should be playful and not feel like work. Search online for games to play with your child, such as a Yogi version of “Simon Says” and challenge your child to try poses. Try to inspire your child to use his/her imagination. Use a story book about a farm or the zoo to inspire some poses (such as cat, cow, down dog, pigeon pose, lion's breath, etc.). Allow your child to make up sounds with each pose.



the ABCs of YOGA for KIDS



A Airplane



B Butterfly



C Cobra



D Dog



E Easy Pose



F Frog



G Grasshopper



H Happy Baby



I Inhale



J Jack-in-the-Box



K Kite



L Lion



M Mouse



N New Pose



O Otter



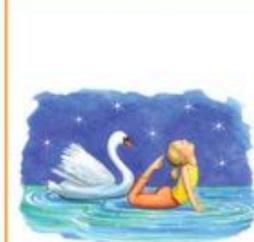
P Peacock



Q Queen



R Rag Doll



S Swan



T Triangle



U Unicorn



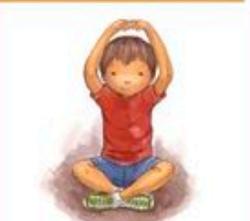
V Volcano



W Waterfall



X **Y**



Z Zero