



HELLO PARENTS,

Yoga can improve concentration, body control and awareness, memory, self-esteem, academic performance, reduce anxiety and stress, and lessen the risk of injury in children. Your child can practice yoga on their own or it can be a great workout for the whole family. In this newsletter, we provide many activities that will encourage your whole family to discover and have fun with yoga.

ACTIVITIES

INFANTS (3 – 18 MONTHS)

PUPPY POSE

MATERIALS:

- Yoga mat (optional)

DIRECTIONS:

- Stand on a yoga mat or carpet and bend into a [downward-facing dog](#) pose with your child near you.
- Encourage your child to crawl under you and help them lift their buttocks up in the air.
- Let your child stay there with you for a few moments in an upside-down V shape.

[Click here](#) for more ideas.

TODDLERS (19 MONTHS – 2.5 YEARS)

BUNNY BREATHING

DIRECTIONS:

- Sit on your knees like a bunny with your child in the same position facing you.
- Twitch your noses like bunnies and pretend that you are sniffing flowers.
- Take three quick, short breaths in through your noses.
- Breathe out slowly through your mouths with a long, smooth exhale.
- This exercise helps children calm down and relax.

[Click here](#) for more ideas.

PRESCHOOLERS (2.5 – 5 YEARS)

YOGA WITH A SONG

MATERIALS:

- [Click here](#) to learn farm animal poses
- Yoga mat

DIRECTIONS:

- Practice with your child farm animal poses so they become familiar with them.
- Stand with your child on the yoga mat.
- Together, sing a song: "Old McDonald Had a Farm".
- Let your child take the lead to come up with poses to match the song.
- You can use other songs and add yoga poses to act them out.

[Click here](#) for more yoga poses.

JK/SK (4 – 6 YEARS)

STRETCHING AND BALANCING

DIRECTIONS:

- Sit with your child on the floor facing each other.
- Hold each other's hands and touch each other's feet.
- Gently, start pulling each other back and forth in a slow and steady motion.
- Repeat a few times and then hold the position still for a few moments with one person leaning backwards and the other one leaning forwards.
- Continue pulling and holding for a few minutes.

[Click here](#) for more ideas.

SCHOOL-AGERS (6 – 12 YEARS)

BREATHE AND RELAX

DIRECTIONS:

- Relax: Sit down with your back straight or lie down on the floor. Relax your body, empty your mind and stay aware of your breath.
- Inhale: You are conscious of your breath and take deep breaths, through the nose.
- Exhale: Follow your breath out of your body, empty your stomach first, then lower lungs, followed by upper lungs. Allow your shoulders to completely relax.
- Breathe: Take a yoga breath. This is done with the following rhythm: 7 counts inhale - 1 count hold - 7 counts exhale - 1 count hold.
- Repeat: Repeat this breathing exercise any time you wish. The yogic breathing teaches you to breathe through the nose and to lengthen your exhalation, increasing your physical and mental health. With practice, this will become your normal breathing, requiring no particular effort.

[Click here](#) for more yoga poses.

A TIP FOR TODAY

- Set a regular schedule for family yoga time with your children.
- Singing may help to practice yoga with younger children.
- Do fewer poses but repeat them often.
- Focus on having fun with movement, not on practicing perfectly aligned poses.
- Wear comfortable clothing and practice barefoot.

