



Yoga for Children

Yoga is a gentle way for children to move their bodies, notice their breathing, and calm their minds. Parents, teachers, and caregivers can guide simple poses in just a few minutes—no special equipment needed, just a safe, cozy space.

Key Benefits ☀️

- **Balance** — helps kids feel steady and in control of their bodies.
- **Focus** — builds attention by following simple steps and breathing.
- **Flexibility** — gently stretches muscles as children grow.
- **Relaxation** — supports calm-down time and kinder moods.

Safety & Setup ✅

Choose a soft, open space (like a yoga mat, rug, or carpet) and remove anything easy to bump into. Remind kids to breathe normally—no need to hold their breath. Keep every movement comfortable: slow down, make it smaller, or stop if something hurts.

Gentle rule: If it feels “too much,” it’s time to rest and try again later.

5 Simple Poses 🧘

Pose name	How to do it (1 sentence)
Mountain Pose	Stand tall with feet grounded and arms relaxed by your sides.

Star Pose	Stand with feet wide and arms stretched out like a star. 
Cat Stretch	Begin on hands and knees, round your back, then return to a flat back.  Cat Pose
Butterfly Pose	Sit with the soles of the feet together and knees out to the sides.
Child's Rest Pose	Kneel and fold forward with arms relaxed.

5-Minute Sample Routine 🕒

Move slowly and keep it easy—this is a calm mini-break, not a workout.

1. **Mountain** — 30 seconds (3 slow breaths).
2. **Star** — 60 seconds (reach up, then relax arms, repeat).
3. **Cat Stretch** — 90 seconds (round and flatten the back slowly).
4. **Butterfly** — 60 seconds (gentle flaps, then sit still for a breath).
5. **Child's Rest** — 60 seconds (quiet rest and slow breathing).
6. **Mountain** — 30 seconds (stand tall to finish).

Keep It Playful & Calm 🎈

- **Use imagination** — “Be a tall mountain,” “Shine like a star,” or “Rest like a cozy turtle.”
- **Keep it short** — stop while it's still fun (even 2–5 minutes counts).
- **Offer choices** — “Pick the next pose” helps kids feel safe and included.
- **Praise effort** — focus on trying and breathing, not doing it “perfectly.”
- **Add a calm ending** — finish with Child's Rest and a quiet “thank you, body.”