

**GO GO**  
Yoga for Kids

THE YOGA RESOURCE FOR CHILDREN

**TIPS** For Teaching  
**YOGA TO CHILDREN**



# TIPS FOR TEACHING YOGA TO CHILDREN

- Ø Have a plan in place, but be prepared to be flexible
- Ø Be playful yet firm
- Ø Set 3 rules and stick to them
- Ø Connect with each child individually and use their name throughout class
- Ø Keep things moving to keep everyone engaged
- Ø Show by example by demonstrating yourself, have another student or use yoga pose cards
- Ø Always praise their efforts. Do not expect perfection.
- Ø Use props, music, puppets, singing, whispering, and laughing
- Ø Always recap at the end by having students show or tell what they have learned

**Have fun! Yoga is a life-long journey! You are introducing children to skills that they will have for life.**

# TEACHING YOGA TO DIFFERENT AGE GROUPS GUIDE

## **Toddler/Pre-K Yoga (Ages 2-5)**

Toddlers and preschoolers are just beginning to explore their world. They are incredibly imaginative, creative, playful and willing. Preschoolers are also a great age because they generally tend to be right in the moment. They are noticing everything; the shape of leaves, clouds in the sky, cracks in the sidewalk. By teaching them some positive movement and mindfulness exercises, can help stay with them as they get older.

Children who are between the ages of two and five are beginning to develop balance, strength and flexibility skills as they grow and mature. By incorporating yoga into a toddler or preschoolers' day, a child will get to practice and use their own imagination and innate skills.

In a toddler/preschool class, children will be engaged throughout and use the entire to space to practice poses, move to music, breathe deeply, reenact stories, play yoga games, laugh, and have fun together while learning how to make their body calm and strong.

## **School Aged Yoga (Ages 4-10)**

Yoga is beneficial for all ages and this age begins to understand how it can improve all parts of life. Children can begin to understand how yoga is benefitting them and they begin to take what they have learned off their mat and into their homes and schools.

# TEACHING YOGA TO DIFFERENT AGE GROUPS GUIDE

School aged kids thrive on having a theme and structure in their yoga classes. This helps them better retain what they have learned. Themes can be seasonal, nature based or built on character, strength or teamwork. Kids yoga is an engaging class where children learn yoga poses, practice with games and activities by themselves, a partner, or in a group. They also practice breathing and calming exercises as well as mindfulness technique. Kids end every yoga class with relaxing stillness which surprisingly often becomes their favorite part of class.

## **Tween/Teen Yoga (Ages 8-14)**

Teaching teens is unlike instructing any other age group. They're not kids and not yet adults. They still like to play, but do not want to be treated like children. They definitely crave approval from their peers, but from adults as well. They are trying to establish their independence and yoga can help provide the tools they can use throughout their lives

Older children are often some of the most impressionable and vulnerable age group. Yoga can provide a safe place from the pressures of school, friends, growing up, and everything else. In a tween/teen class, students enjoy being challenged with more difficult poses, but leave feeling successful and light.

Yoga truly helps teen build confident and self-esteem as they realize how strong and powerful their bodies really are. Teen and Tween classes incorporate traditional sun salutations, yoga poses, partner work, games, community building, and relaxation/meditation..

# GO GO Yoga for Kids



Sara J. Weis

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# KIDS YOGA & Mindfulness TEACHER TRAINING

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Best-selling author, Sara J. Weis, is a creative and passionate teacher who has inspired children for over twenty years. In *Go Go Yoga for Kids* Sara has combined her experience as a school teacher and certified kid and adult yoga instructor to introduce children to yoga in engaging and child-friendly ways. She is passionate about helping children receive the many mental and physical benefits yoga can provide them throughout their lives.

Sara is the author of the *Go Go Yoga for Kids* books and the creator of the *Kids Yoga Challenge Pose Cards* and The Kids Yoga Challenge App. She has taught thousands of adults all over the world in her online courses including her master class titled the **Kids Yoga & Mindfulness Teacher Training**.

Learn more at [GoGoYogaKids.com](http://GoGoYogaKids.com)