

# KIDS YOGA



LESSON



PLANNING GUIDE



**Plan, Teach, & Motivate  
Your Yoga Students with this  
Proven & Effective Resource**

**GO GO**  
**Yoga for Kids**  
THE YOGA RESOURCE FOR CHILDREN  
WITH SARA J. WEIS

Hello Friend,

Hours and hours! That's the amount of time I used to spend planning just one kids yoga class before I felt ready to teach it. For those of you who love going to adult yoga classes, you may be wondering how hard can it be to plan a kids class. It seems like it should be easy enough. Teach the kids some poses, flow them together for a bit and end up in Savasana. That's all you need, right?

Wrong. Well not, entirely wrong! Kids yoga and adult yoga are similar in the fact that both include learning and practicing poses, and both end with relaxation. That is where the similarities end, though.

Here is why it used to take me hours to plan a single kids yoga class. First, I would try to find an age-appropriate theme. Little did I know, that was actually the easy part! After selecting the theme, how in the world would I fill 45 minutes of class time? Thankfully, because of my nearly 20 years of classroom teaching experience, I am very familiar with the importance of having a thorough lesson plan in place.

While planning my kids yoga classes, the teacher in me definitely comes through. I absolutely understand the importance of planning and sequencing kids yoga classes so they are appropriately paced, memorable, and kid-friendly. My classroom experience, knowledge of kids, and leading countless kids yoga classes have allowed me to figure out all of the necessary parts of a memorable kids yoga class.

I can't wait to show you how to do it too! Are you ready to jump in and learn? Let's get started!

Namaste,

Sara Weis



## **1. THE WELCOME**

The Welcome is the first part of class. It only takes minutes, but it can be one of the most important parts of class. The Welcome portion helps set the tone for how your class will go. It also explains what your students will be doing and learning as well as what you expect of them.

*Welcome Example:* Have the students share their names and something they are good at. I like to tie how yoga and mindfulness can be apart of their yoga experience.



## **2. BREATH WORK**

The Breath Work portion involves helping the children slow down and become aware of their breath and how their bodies feel.

*Breathe Work Example:* I like to use simple tools with younger children such as feathers and little puff balls so the students can actually see their breath in action. They can blow their feather or puff balls up and down their yoga mat.

### **3. SUN SALUTATIONS**

The Sun Salutation portion of a yoga class follows the Breath Work component and is wonderful for warming up the body. The students are now ready to connect their breath with this movement.

*Sun Salutation Example:* I like to use the analogy of a sunrise to sunset when I introduce Sun Salutations to kids. They breathe in and raise their hands above their heads for sunrise and then dive forward to their toes for the sunset.



### **4. ACTIVE MOVEMENT**

Now it is time to really move! There is a reason that active movement is near the beginning of a kids yoga class. At this point, they are ready to move their bodies around the room. Yoga is more than breath, it is also about strengthening your whole body as well as your mind.

*Active Movement Examples:* Animals walks, freeze dance and follow the leader all work well for active movement for younger children. With older students I like to utilize jumping jacks, push-ups or mountain climbers. Any kind of exercise will do. You're just trying to get their bodies moving and their hearts pumping.

## 5. THEMED POSES

This is the main part of your kids yoga class where you can introduce and teach poses to children. Yoga poses are a great way to differentiate and accommodate for the varying needs and abilities of your students.

*Themed Poses Example:* Select 4-5 poses to focus on per class. These poses can be themed related or skill related such as balance or twists. By concentrating on a select number of posts per class, the students can focus, pay more attention to correct form and achieve success.



## 6. YOGA GAMES

**Now it is time to practice these poses with yoga games. Kids really enjoy yoga games, and they are a great way to get kids moving. The goal of yoga games is to get kids excited about practicing many different yoga poses while gaining strength, improving balance, experiencing teamwork, and having fun.**

*Yoga Games Examples:* A favorite yoga game of kids is Musical Mats which is similar to the childhood game Musical Chairs. Place the pose card images from the Kids Yoga Challenge Pose Cards that you have just learned in the center of the circle of mats. Play music. When the music stops, the children find a mat and make one of the poses that they have just learned.

## **7. YOGA CHALLENGE**

With this part of class, kids like to be given a challenge. It gives them the opportunity to work on more difficult poses by themselves or with the group.

*Yoga Challenge Example:* The Yoga Challenge can be accomplished with partner yoga poses, balance poses or inversions.



## **8. BUILDING COMMUNITY**

Now you are approaching the end of your yoga class. Everyone has had fun, learned a lot, and now it is time to bring it to a close and tie everything together. It is incredibly beneficial to reflect on all that you have learned and accomplished during class, and it makes the students feel stronger and more united as a class.

*Building Community Examples:* A favorite way to build community toward the end of class is to have a circle showcase. Each student shares or shows their favorite pose or part of class. This is an easy and wonderful way for students to review, and it also gives them a chance to shine.

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## 9. STILLNESS AND SAVASANA

*Congratulations!* You made it to the final part of your kids yoga class! Now it is time for your students to rest, relax, and reap the benefits of their hard work. Savasana often becomes the children's favorite part of class.

The students began class eager, excited, and full of energy. After moving and working their bodies in a good healthy way, they are ready for rest and relaxation.

Savasana must be gradually built into the class flow. This is why it follows the Building Community portion of class. Students are already settling down into this mindful moment, and it is a natural flow into Savasana.

*Stillness and Savasana Tip:* Allow the students to lie down however they feel comfortable-on their backs, stomachs, or curled up into a ball. Phrases such as "be still as a statue" or "quiet as a mouse" give the children a mental picture of how to pose and act.



# Kids Yoga Lesson Plan Bundle



## Teach Yoga to All Ages

Have your kids yoga classes ready to go with these engaging step by step lesson plans

### This Bundle Includes:

- Yoga for Young Children
- Fun Yoga for Energetic Kids
- Building Confidence in Teens through Yoga
- Our best TIPS for Teaching Yoga to Children

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# GO GO Yoga for Kids



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## KIDS YOGA & Mindfulness TEACHER TRAINING

Click on image to learn more

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)