



# Winter Holiday

Kids Yoga  
Lesson Plan



**GOGO**  
Yoga for Kids

THE YOGA RESOURCE FOR CHILDREN



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Sara J. Weis at Go Go Yoga for Kids

# Welcome to Go Go Yoga for Kids!

Hello!

Let it be easy. With **Go Go Yoga for Kids**, I wanted to make it simple for you to introduce yoga and mindfulness to children.

Go Go Yoga for Kids was created because of a need. I know how busy you are, and I want you to make the most of your time. Let me save you hours and hours of planning and guesswork and instead show you with what truly works in teaching yoga to children.

When I first started teaching yoga to children, I would spend hours and hours trying to create the most engaging, active and memorable lessons plans. These lessons would revolve around kid-friendly themes, poses, and games that would get kids' bodies moving and pique their interest.

We became superheroes, jungle animals, and ninjas while learning about yoga and having fun. The kids loved the yoga classes and were able to show and tell what they learned. I know the retention part is incredibly important when teaching children and I was thrilled with what they were learning and doing.

Fast forward to the present day. After thousands of kids, yoga lessons, and classes, I can say with confidence that I truly do know what works for introducing and engaging kids through yoga. I am excited to share my knowledge so you will easily be able to empower the kids around you with all the benefits and fun that yoga can provide. Breathe deep and let it be even easier with the resources created by Go Go Yoga for Kids.

Our popular Kids Yoga & Mindfulness Teacher Training is our certified online teacher training which will fully prepare you to to teach yoga and mindfulness to children ages 3-12. This can be completed from the comfort of your time and space.

Get rid of the guesswork and stop wondering how to introduce children to yoga. You have now found what really works. From breathing exercises to poses and games, your kids will be truly engaged, stronger, and more mindful. Now let's have some fun introducing yoga to children!

All My Best,  
Sara

**KIDS YOGA**  
& *Mindfulness*  
**TEACHER TRAINING**





# KIDS YOGA & Mindfulness TEACHER TRAINING

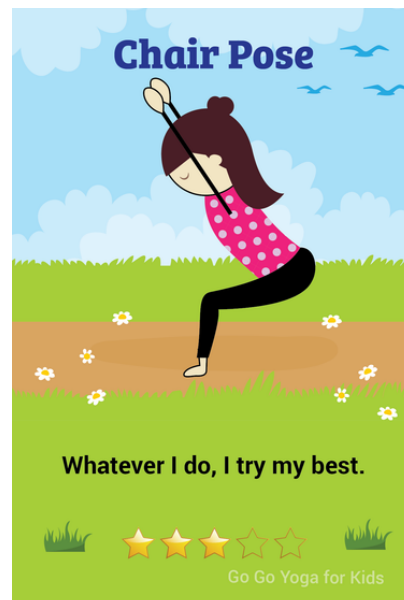
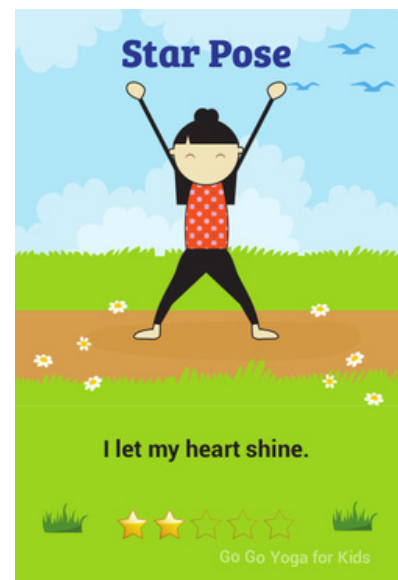
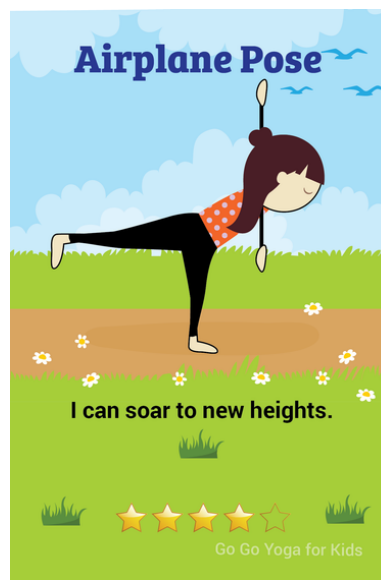
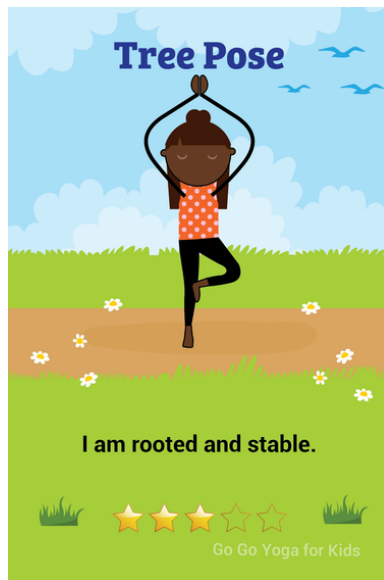


<b>Theme:</b>	<b>Winter Holiday Kids Yoga</b>
<b>Ages:</b>	3-12
<b>Materials:</b>	Music
<b>Welcome:</b>	What is your favorite thing about the Winter holidays? Why?
<b><u>Breathwork:</u></b>	Breathe in snowflakes melting. Breathe out snowflakes melting.
<b>Sun Salutation:</b>	<b>Make it Snow!</b> Breathe into Mountain pose with arms out stretched to the sky. Now dive forward as if you are a snowflake landing to the ground. Repeat while using your breath.
<b>Active Movement:</b>	Go sledding with your yoga mat. Have the children sit cross legged near the front of their mats and hold onto the top. Rock and roll on the mat while hanging on.
<b>Theme Poses:</b>	<b>Holiday Tree</b> (Tree Pose) <b>Flying Elf</b> (Warrior 3) <b>Reindeer</b> (Chair Pose) <b>Gingerbread Man</b> (Star Pose) <b>Ornament</b> (Triangle Pose)
<b>Game:</b>	<b>Freeze Dance:</b> Dance around the room and when the music stops everyone freezes into a favorite yoga pose they just learned.
<b>Partner/Group Challenge Poses:</b>	<b>Sled Ride:</b> Each child sits on floor with legs in front of them with a "V" shape. The next child sits directly in front of them. Announce that we are all going to go sledding together down a big hill. When the leader in front leans right or left, everyone else follows. Take turns being the leader.
<b>Community Closing:</b>	<b>Sharing Circle:</b> Sit in a circle and allow each child to show their favorite winter holiday yoga pose.
<b>Stillness and Savasana:</b>	Pretend you are a snowflake melting into the ground. Be as still as you can.

# The Kids Yoga Challenge

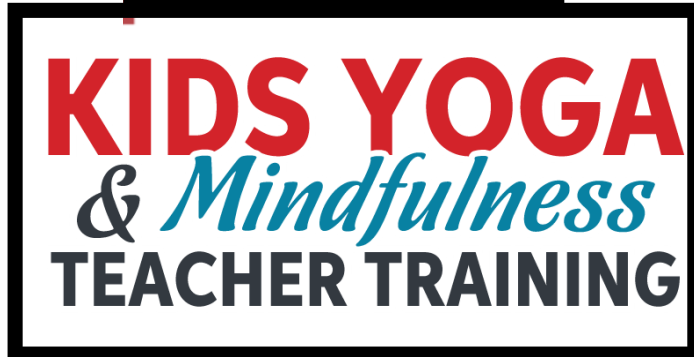
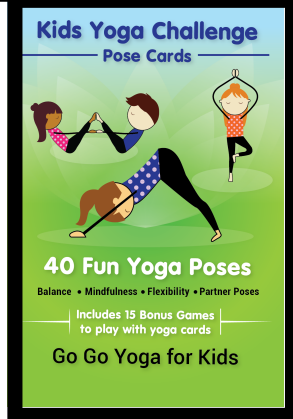
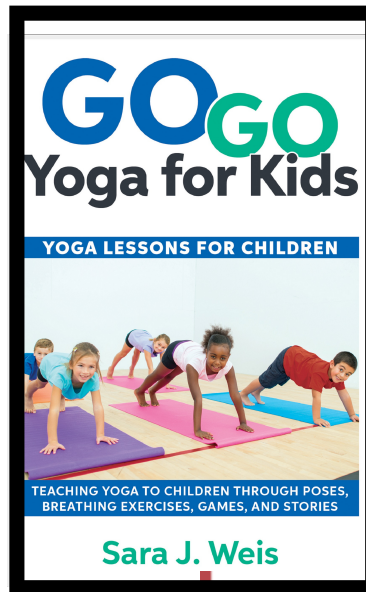
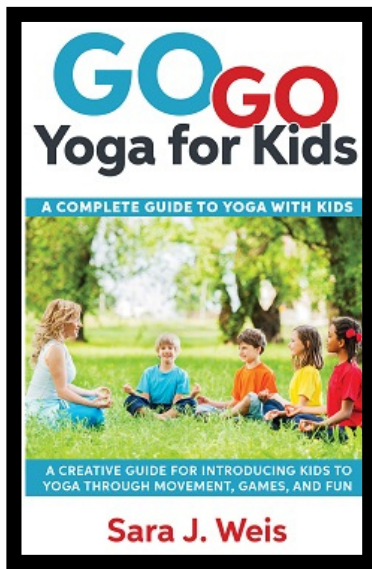
## Pose Cards

pose card visuals for your lesson plan





CLICK ON IMAGE TO LEARN MORE



Sara is the bestselling 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)

# KIDS YOGA LESSON PLAN BUNDLE



Click on image above to learn more

## Everything available in the bundle:

- Yoga for Young Children
- Fun Yoga for Energetic Kids
- Building Confidence in Teens through Yoga
- PLUS: Tips for Teaching Yoga to Children

**Everything for \$17**

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

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