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# SUMMER GAMES YOGA FUN

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GOLD

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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.

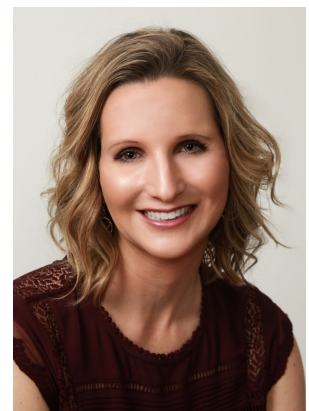
Fast forward to the present day. After thousands of kids, yoga lessons, and classes, I can say with confidence that I truly do know what works for introducing and engaging kids through yoga. I am excited to share my knowledge so you will easily be able to empower the kids around you with all the benefits 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



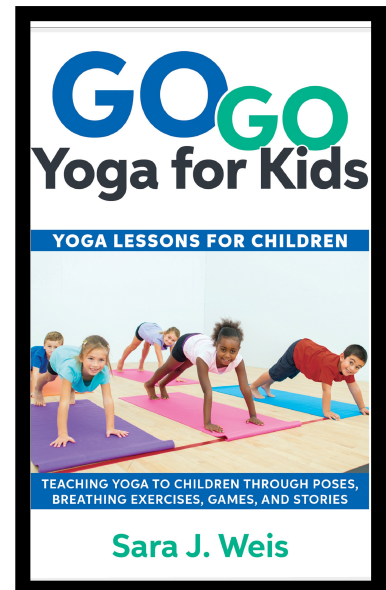
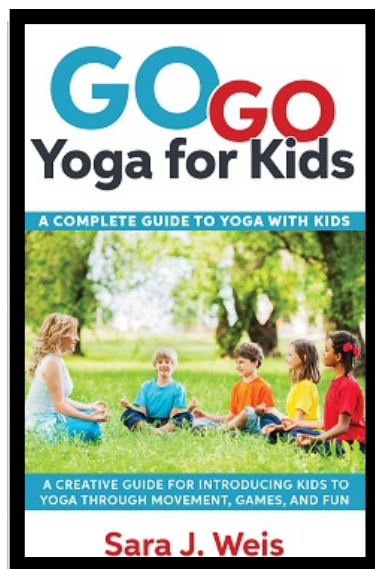


Theme:	Summer Olympics: Go for the Gold!
Ages:	3-12
Materials:	Music, pom pom balls, yoga mats, The Kids Yoga Challenge Pose Cards or other pose card visuals
Welcome:	Have students share some of their favorite Olympic sports and why they like them.
Breathwork:	Pom Pom Ball Race: Olympic athletes need to have a strong breath to help them compete at their top level. Have a mini competition with pom pom balls to practice breathwork. Give each student a pom pom ball and have them line it up at the end of their yoga mat. They need to blow their pom pom ball to the finish line (to the end of their yoga mat)
Sun Salutation:	Sun A: Be an Olympic Diver with these sun salutations. Place your arms outstretched overhead in Mountain Pose and then dive over to your feet. Repeat several times matching movement to breath.
Active Movement:	Olympic Boot Camp: Get your Olympic body strong by doing a series of exercises. Play some music and let each child pick and lead 10 reps of various exercises. (jumping jacks, hill climbers, push-ups, squat jumps, etc.)
Theme Poses:	<ul style="list-style-type: none"> • Archery (Warrior 2): Stand strong in this pose and draw your back arm forward and back as if pulling and releasing your bow. • Rowing: (Boat Pose): Can you row your arms back and forth as if rowing your boat? • Swimming: (Locust or Superman Pose) • Cycling: Do some bicycle crunches while lying on your back. Can you make your bike go faster and slower? • Taekwondo (Horse Pose): Can you punch your arms back and forth with strength as if you are breaking a board? • Gymnastics (Star Pose Jumps) How high can you jump and stick that landing?



Game:	Mini Olympics: Set up a short obstacle course with cones, hoops or anything else you have on hand. Put in some yoga pose cards between some of the obstacles that the students will need to do. Have each student take a turn completing in the Mini Olympics. Time them if you would like.
Partner/Group Challenge Poses:	Synchronized Swimming: Put the yoga mats in a line. In front of the mats, lay out a sequence of yoga pose cards. Everyone must perform the poses at the same time moving from one pose to the other.
Community Closing:	Have each student take turns showcase a favorite Olympic Pose in the center of the circle.
Stillness and Savasana:	Rest and relax your Olympic body on the mat. You deserve it!

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.

Her popular resources and training are found in over 100 gyms and health clubs across the United States. Sara 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

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