

# healthy bodies

Ages 3 and up



## Yoga - to strengthen and calm

Just like adults, there are benefits to yoga practice for children, helping to support and strengthen growing bodies. Breathing and mindfulness are incorporated into the practice, which helps calm children's minds and nervous system.

### Learning benefit/skill development

- Strength, coordination and body awareness.
- Improves a child's concentration and sense of calm.

### Benefit to family

- Yoga can be an activity that can be enjoyed together as a family supporting each other's progress.
- Yoga can and introduce discussion positive of the importance of physical activity, body awareness and effective breathing to remain calm and centred.
- Yoga can improve behavioural issues, in a positive direction and can

provide children with an outlet as a way to manage their behaviour.

- If viewing from a screen or website, this is recognised as active screen time for children.

### What you'll need

- A yoga mat or towel
- Enough space in the house or outside
- Access to a PC or TV if viewing from online or YouTube

### Tips

- If viewing from Youtube, we recommend *Cosmic Kids Yoga* (there is a variety of long and short yoga videos)

duration

10 - 30 mins