



Bringing Yoga Home

Tools from our Family Workshop

Activities

Breathing Ball

Source: Yoga Child

What you'll need: A ball that when children hold over head, separates their arms about shoulder length apart

As you breathe in, raise the ball slowly over your head, and as you breathe out, slowly set the ball down. This simple exercise makes childrens aware of their breath and often encourages them to slow down their breathing and thoughts. I use this as most often as a an opportunity for sharing, but it can also be used as a simple transition activity, before bed, or any time children need a brief pause and moment of awareness.

Countdown to Calm

Source: Yoga for Children

What you'll need: Just yourself!

Start with 5 fingers up. Take a deep breath, put your thumb down...another deep breath, and lower your pointer finger...continue for 5 breaths total until all fingers are down. After practicing with five fingers, see if you can do with two hands for 10 deep breaths!

Bell Listening

Source: Yoga for Children

What you'll need: A small bell ([Amazon](#))

You can use a small bell to help kids focus by having them close their eyes and focus on it's sound as you ring it. Move the bell around the room, ring it loud and quiet, and perhaps have children place their hands on their chest when they observe that the bell has gone silent. Then, make sure your child has a turn to ring the bell while others observe!

Poses

The doodles and descriptions are meant as reminders and are not full instructions for the pose. Feel free to contact me if you would like further details on any of these!

Partner

Double Downward Dog



Tree Canopy



Warrior III ('Tee' pose)



Energizing

Sun Salutations

(arms over head, forward fold, hands to knees, forward fold, hands over head, hands to heart)

Washing Machine

(arms out to a tee, then touch shoulders, swing back and forth)

Dryer

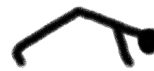
(arms bent with hands in front of chest, roll one way then another)

Monkey

(bend knees, bend over, jump!)

Strengthening

Downward Dog



Bicycle

(lie on back, pedal feet in air)

Slide



Calming

Tree



Sandwich

(seated forward fold)

Savasana

(lie on back with still body)

Additional Resources

[Yoga for Children: 200+ Yoga Poses, Breathing Exercises, and Meditations for Healthier, Happier, More Resilient Children](#)

By: Lisa Flynn

[Yoga Pretzels](#) (Yoga "Flashcards")

By: Tara Guber (Author), Leah Kalish (Author), Sophie Fatus (Illustrator)

On Facebook:

- [Yoga Friends](#)
- [Next Generation Yoga](#)
- [Children's Music Express](#)
- [Develop Yoga](#)

Most of these activities and poses were gathered from either [Yoga Child Teacher Training](#) by Gail Silver or [Yoga for Children](#) by Lisa Flower. Many have been modified based on my experience and preference.