

5 Keys to Choosing Ohmazing Children's Literature

You've decided you want to incorporate children's literature into your yoga classes or yoga activities into your story time. The problem is how to choose from the thousands of books in the children's section of your local bookstore or library. These simple five keys make it easy to find ohmazing children's literature.



1. Action

Look for books which inspire movement and activity through verbs, adverbs and setting.

2. Themes

Include books which are child friendly, focusing on their interests, challenges and life events. Seasonal themes work especially well. Be sure to keep them age appropriate: what you use in a pre-school class may be different than what you use with upper elementary age children.

3. Yoga

Always be aware on how you will incorporate yoga poses/breathing into the book. Be creative and inventive. Some books work well with a pose per page while others are more general in their integration of yoga-inspired activities.

4. Language

Strive to find well written, engaging and creative books. Look for elements of rhythm, rhyme and repetition – key to developing early literacy and language skills. Age appropriateness of vocabulary and concepts is also a consideration.

5. Illustrations

Children's books need to be visually appealing. The illustrations are a vital component to well-written children's literature. Look for books with high quality illustrations which are complimentary to the text, adding another layer of understanding and interaction.