

ABCs of Teaching Yoga to Children

Essential Skills, Attitudes & Guidelines for Success



Housekeeping

- Answer polls & questions
- Take notes
- Ask questions – Q&A session
- #YIMSWebinar
- Survey
- Yes, it will be recorded

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Access Code: 399-887-412



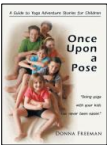
ABCs of Teaching Yoga to Children

Objective:

Develop an understanding of the fundamental skills, attitudes and guidelines which contribute to success in the field of children’s yoga



Donna Freeman



Agenda

- A-Z of essential skills, attitudes and guidelines
- Additional Resources
- Q&A



Attention

Age	Attention Span (minutes)
2 to 3	3-4
4 to 5	5-10
6 to 8	15-30
9 to 12	30-45

Capture & maintain attention

Key to Improving Attention Span

- Engage the mind & body



Balance

Elusive & fluctuating

- Students
 - Physical
 - Life
- Professional
 - Lessons
 - Life



Creative

Champion creativity
Less = More



Less = More



Creative

Champion creativity
Less = More
Know the Rules
Draw outside the lines
Avoid comparisons



Discipline

“Practice and all is coming” ~ Sri K Pattabhi Jois

- Time & effort
- Routine
- Persistence



Energy

Kids = high energy
You set the tone
First impressions

- Positive
- Respectful
- Enthusiastic



Fun

“Fun”damental

- Enjoy life
- Connect
- Relax
- Sense of Humour
- Yoga Games



Games Page

<http://yogainmyschool.com/yoga-classroom/yoga-games/>

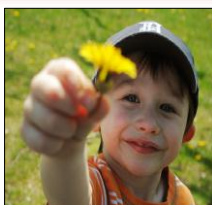


Generosity

- Personal
- Professional

Law of Abundance

In word & deed



Heart

An Open Heart

- Give
- Receive



“Let the beauty we love be what we do. There are hundreds of ways to kneel and kiss the ground.”

~Rumi

Imagination

Limitless

- Tap creativity
- Improve brain function

Imagination has the extraordinary capacity to shape reality



Joy

Infuse your life
Opposite in all things
Take inventory
All about attitude



Kindness

Ahimsa

- Self
- Others
- The world



Love

- Touch & change lives
Unselfish Service
Build connections
- You/students
 - Students/selves
 - You/loved ones
 - Yoga community



Marketing

Be clear

- Product/service
- Market
- Uniqueness
- Strengths



Noise

- Not an adult class!
Happy & productive
Kids are going to:
- Talk
 - Laugh
 - Share
 - Cry



Respectful & Manageable

Omazing

- Wondrous
Magnificent
- Enjoy the moment
 - Embrace life
 - Share the joy

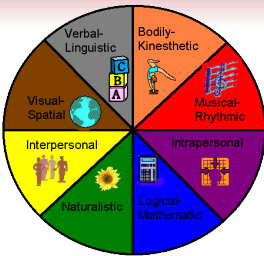


Personal

- Child-centered
Multiple Intelligence
Theory



Howard Gardner - 1983



Personal

Child-centered
Multiple Intelligence
Theory
Sharing & caring
Learn together
Inspire enthusiasm



Quiet

Calm the mind
Silence 'Negative
Nelly'
Nourish the soul
Find peace



Relaxation

Rest safely & securely

- Welcoming
- Warm
- Sense of Humor
- Trust

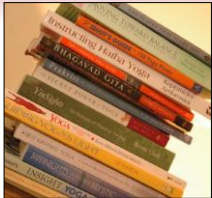


Study

Learn & grow

- Professionally
- Personally

Include time for self-
reflection



The biggest room in the world is the room for
improvement.

Time Management

- Prioritize
- Have a plan
- Set Goals
- Manage Distractions
- Learn to say 'No'
- Practice *savasana* daily



Understanding

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." ~Maya Angelou

- Meet people where they are
- Listen
- Empathize



Visualize

Dare to dream
Power is in the details

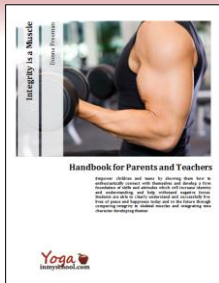
- See
- Hear
- Feel
- Smell
- Taste



Integrity is a Muscle

Four Skills

- Mind-body Techniques
- Discussion Questions
- Cultivate Activities
- Reflective Writing



Wonder

Life is Amazing!

- Explore
- Inquire
- Observe
- Seek
- Discover



eXcellence

Do Your Best

- Work
- Home
- Play

Invest in Yourself
Be passionate



Yourself

Take off the masks
Sing in your own voice
Be genuine & authentic



Elephant Journal



Zzzzz'y

Take time off

- Rest
- Renew
- Relax



"Apollo does not always keep his bow strung." ~ Horace

ABCs of Teaching Yoga to Children

- A to Z of essential skills, attitudes and guidelines
- Take time with each one
- Assess strengths & weaknesses
- Revisit often

Bonus Value

25% off

Kids Yoga Videos



<http://yogainmyschool.com/store>

Coupon code: webinar

Further Training

- Yoga for Literacy Webinar Series
 - Once Upon a Pose, Reading Readiness with a Twist, Amazing Children's Literature
- Yoga for Special Needs Webinar Series
 - ADHD, Autism, Cerebral Palsy, Down Syndrome
- 22 Hour Teacher Training
- Sign up for our Newsletter!!

Resources

More information available

