I have been practicing yoga for most of my life and am a true believer in the benefits. As a teacher, I noticed that many children suffer from anxiety, lack of focus and are very sedentary. I also know that the body brain connection is a big part of development. Movement helps the body which in turn helps the brain. An idea came to me one day and when I asked a 5th grade teacher friend if we could do a 15 minute yoga break once a week, she was all for it. Once a week turned into twice a week and working
with one class turned into 4. We all love the movement, the practice of breathing and balancing our bodies and being part of a healthy community of learners. It really is so fun!

**Why should kids practice yoga?**

![Children practicing yoga](image)

**EVIDENCE BASED BENEFITS OF YOGA FOR KIDS**

*Read the Research*
*Kids Yoga Stories*

**IMPROVES MOTOR SKILLS such as BALANCE, STRENGTH AND FLEXIBILITY.**

**IMPROVES BEHAVIOR and SELF REGULATION**

Self regulation is the ability to activate, monitor, inhibit, persevere and adapt one's behavior and attention in response to internal cues, environmental factors and feedback from others.

**HELPS CHILDREN'S MENTAL HEALTH such as ANXIETY AND STRESS**

*Yoga for children*

**HELPS ATTENTION SPAN and MEMORY**

Improved focus and concentration

**PROMOTES MINDFULNESS & A SENSE OF WELL BEING**

*MINDFUL SCHOOLS*

**SITES:**

*GO NOODLE*
*COMMON SENSE MEDIA*
*KIDS YOGA STORIES*
*YOGA ANYTIME*

**APPS:**
SUPER STRETCH, iOS app

1 - Tree Pose - Vrikasana

2 - Child's Pose - Balasana