

HealthPoint

Rehabilitation Services • Health and Wellness

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YOGA FOR KIDS

During this time of quarantine and uncertainty everyone is feeling a little more stressed. Like adults, children have difficulty managing stressors that they encounter everyday. For a child during this COVID19 time, these stressors may include not being able to go to school, not being able to play with friends, changes in or lack of schedule or even conflict with a sibling or parent. Stressors often become a distraction for a child from their everyday routine and result in behavioral changes. Yoga helps channel positive energy and improve concentration to prepare the body for learning. It is a form of exercise that targets not only a child's physical but mental health. Yoga incorporates multi-step movement poses and relaxation techniques to help calm the body while working on strength, flexibility, body awareness, coordination, endurance and balance. In addition, Yoga helps improve a child's motor planning as they smoothly transition between poses. Those that perform Yoga routinely demonstrate improved body awareness, flexibility and strength. They also show increased self esteem, improved memory, increased focus and improved reaction time. Below are ideas to introduce Yoga to your child in a fun, kid-friendly way!

1. **Yoga Through Story-** There are many books on the market that associate Yoga poses into fun, interactive stories to help engage your child. These books have your child use their imaginations and knowledge while increasing their concentration, strength and flexibility. There are books that focus on breathing techniques, animal poses and poses for each letter of the alphabet. Check out our clickable links to some of our favorite Yoga stories

★ **You Are a Lion!: And Other Fun Yoga Poses**

<https://www.amazon.com/You-Are-Lion-Other-Poses/>

★ **The ABCs of Yoga for Kids**

<https://www.amazon.com/ABCs-Yoga-Kids>

★ **Breathe Like a Bear**

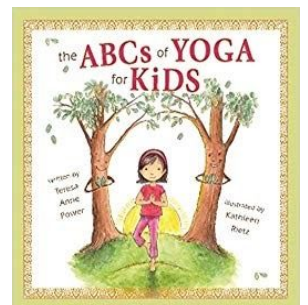
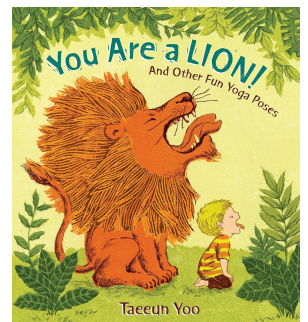
<https://www.amazon.com/Breathe-Like-Bear-Mindful-Anywhere>

★ **Rachel's Day in the Garden**

<https://www.amazon.com/Rachels-Day-Garden-Spring-Stories>

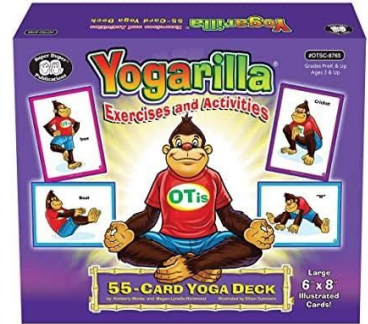
★ **Good Morning Yoga**

<https://www.amazon.com/Good-Morning-Yoga-Pose>



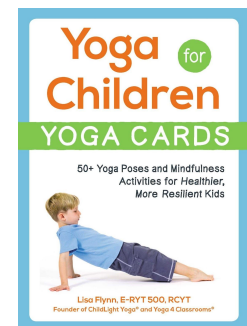
2. **Yogarilla**- A creative card game that has a different Yoga pose associated with each card. Flip them over and take turns picking a card for an extra surprise. These cards give exact instructions on how to perform each exercise, as well as adaptations and ways to make each pose more challenging, to ensure proper form for those less familiar with the poses.

<https://www.amazon.com/Yogarilla-Activities>



3. **Yoga for Children**- This is another card option that provides exact instructions on how to perform each pose with proper form. In addition, this deck of cards provide breathing cues with poses and relaxation exercises. It's a great option for families on the go or who like to spend their time outdoors.

<https://www.amazon.com/Yoga-Children-Yoga-Cards>



4. **Super Stretch Yoga**- For families on the go, this free app offered on Itunes and Google Play is a great way to incorporate Yoga into your busy daily routine. Super stretch teaches kids various Yoga poses while incorporating proper breathing techniques for relaxation. Super Stretch encourages your child to participate through the various exercises making the app for engaging. At the end, the app provides a photo certificate of completion giving your child a sense of accomplishment for their hard work.

<https://adventuresofsuperstretch.com/>



5. **Cosmic Kids Yoga**- This fun, YouTube channel has many Yoga themed, interactive videos geared toward children of all ages. Join Jamie as she takes you through various lands of adventure while guiding your child through different yoga poses. Cosmic Kids Yoga provides over 500 story-based yoga videos ranging from 5 minutes to 1 hr in length to meet everyone's schedules. Cosmic Kids Yoga can be accessed through its youtube page or app on your preferred electronic device.

<https://www.youtube.com/user/CosmicKidsYoga>

