

# ~ Yoga for toddlers ~

AIM	ACTIVITIES	BENEFITS
Breath	Blowing out candles Pinwheels Fabric scarves Ping pong balls	More oxygen in body enhances mood & focus Increases ability to relax body & mind, increase focus Activates the diaphragm & vagus nerve = relaxed state; teaches children how to calm themselves down
Wide range of physical movements	Yoga poses (animals, boats) Dancing	Builds strength, coordination, flexibility, balance Overall body awareness Left and right hemisphere function Develops proprioceptive sensory system: sensors in joints and muscles <ul style="list-style-type: none"> <li>- Body awareness</li> <li>- Detect / control force &amp; pressure</li> <li>- Regulate our response to stimulus</li> </ul>
Positive interaction between child and adult	Partner games and poses  Role reversal (e.g. kids tickling parents, kids massaging parents feet)	Builds trust and confidence Sense of fun and play with parents Playing in roles of mutual respect Reclaim closeness
Creative expression	Musical trees Invent your own yoga pose Drawing	Builds self-esteem and confidence Communication skills Imagination and creativity Healthy expression of emotions
Vocalise	“Aaah – Eee – Ooo” sounds Singing	Language development Memory development Activates diaphragm and vagus nerve = relaxed state / feel happy Development of muscles in lips and tongue Effective teaching / learning tool
Non-competitive play	Musical trees Ping pong ball Partner poses	Builds confidence and self-esteem Builds creativity Enhances social skills Positive challenge
Value systems	Self-hug  Saying what they're grateful for / what they enjoyed about the class	Self-worth / self-love Builds a sense of place and value in their community
Sensory stimulation	Feather tickles Fabrics Singing bowl Parachute	Develops sensory systems: sight, sound, hearing, smell, touch, vestibular (sense of movement in space / balance / orientation), proprioceptive (sensations from muscles & joints – movement) Relaxing: can be used to help kids (and adults!) focus and calm themselves



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# Yoga for toddlers

## ~ AT HOME ~



Dancing



Breathing



### Ideas for integrating YOGA into your day-to-day life:

- Make yoga poses from the characters of the books you read
- Make yoga poses from the things you can see in your house or backyard (flower, book or fork pose!?)
- Try to describe your day using yoga poses and movements instead of words
- Brushing teeth: 'meercat pose'
- Picking up toys: 'emu pose'
- Stop and take 3 deep 'panda' breaths together when feeling stressed / worried—tell children to touch their belly like a panda and feel it getting bigger when they breath in.
- Ask your child to close their eyes and tell you what they can hear and smell.
- Only limited by your imagination!!

Textures, colours, shapes

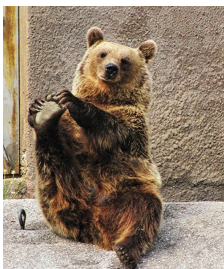


Touch  
Connect

Singing



Imagination



Focus



Relaxation



"I Am Yoga" - Susan Verde

I can say I've had enough for today...  
I relax.



Balance

Stillness



PLAY



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