

Guidelines for Yoga with Children

- Take off socks and shoes and wear, loose comfy clothing.
- Clear some space, put down Yoga mats if you have them.
- Have a blanket ready for the relaxation at the end.
- Maybe have a water bottle handy and pop to the loo before you start.
- It is important for children (and adults!) to practise in a way that is comfortable – don't try too hard!!
- **There is no need for adults to adjust or 'correct' children's postures, it's much better to let them learn to trust their own judgement and let them move in a way that is right for them.**
- *"The child has his own laws of growth and if we want to help him grow we must follow him instead of imposing ourselves on him". (Maria Montessori)*
- If you are doing the practice with a group of children, some may want to participate some may not. Not everyone has to join in, as long as they are doing something quiet that doesn't disturb the session.
It might work to have some colouring in to do, or a quiet corner for reading.
It's likely that when not forced they might get bored and join in!
- Grown ups can do all the practices with the children providing they are careful, eg: bunny hopping around the room might need some adapting for old knees and hips!
- For the relaxation practices, children often wriggle a bit and that's fine. They don't need to be perfectly still, just having a bit of quiet time being aware of senses, sounds etc helps them learn to relax in their own way.
- Children visualise easily, so for a short relaxation they can get comfy, be aware of sounds, sense of touch etc and then maybe get straight into a visualisation practice.
- An audio guided practice is ideal for improving children's listening and concentration skills. It is also time away from screens!
- Once you've done the practice together a few times you can use the handout to guide the session. This would give you the chance to adapt, to repeat ones that are working well, or spend a bit longer with a quiet pose.
- Encourage children to be creative, they could plan a yoga journey for you both to do together, eg: choosing what animals to meet etc.
- Have fun! It's the best way to learn.