

4 STEPS TO **TEACHING YOGA** TO CHILDREN



by Giselle Shardlow
Kids Yoga Stories
www.kidsyogastories.com

STEP ONE: FOUNDATION

be curious

The first step to creating a foundation for teaching yoga to children is to think critically about what yoga is and why you want to integrate this ancient practice into your life.

ASK YOURSELF:

1 Why do I _____ ?

2 Why do I _____ ?

Explore these questions below:

STEP TWO: **EXPLORATION**

be creative

Now is your chance to dive into researching the various building blocks of yoga, including breath, meditation, mindfulness, physical postures, physical affirmations, karma yoga, and character education. Find books about kids yoga at your local library or check online for recommendations. Check your local area for any upcoming kids yoga teacher training programs or look online.

WHERE CAN I EXPLORE...?:

ONLINE (sites, people to follow, etc):

OFFLINE (stores, library, etc):

EDUCATIONAL RESOURCES (teacher training programs, etc):

PEOPLE (yoga instructors, other teachers, etc):

STEP THREE: ACTION

be clear

Try out a few yoga practices from your list to see which ones are easiest to remember to do or ones that bring you the most joy.

TWO QUESTIONS TO ASK YOURSELF:

- 1 Which two _____ ?
- 2 Which specific _____ ?

Explore these questions below:

STEP FOUR: INTEGRATION

be confident

At this stage, you're happily practicing a few yoga practices each day. Remember that yoga is a lifelong experience, not a goal to accomplish or something to perfect. Yoga is meant to be a daily habit, just like brushing your teeth. Your yoga experiences should be easy and feel natural. That way, you'll be a role model for your children.

TWO QUESTIONS TO ASK YOURSELF:

1 How do I _____ ?

2 How can I _____ ?

Explore these questions below:

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