

Yoga for Radiant Kids

Yoga for Radiant Kids




The Sun Dance Kids Yoga/Music Video by Bari Koral Family Rock Band

Something fun to watch as we are getting seated

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It is early so let's do a little
Sun Breath & Stretch
to get some energy flowing



Music:
"Here Comes the Sun"
from Instrumental
Songs - Son Rock
Guitar

More info about this
with a video clip on
page 17

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Yoga for Radiant Kids




Angela Moorad, MS, CCC-SLP
Speech-Language Pathologist
Radiant Child Yoga Certified – Levels 1 & 2
International Association of Yoga Therapists
Founder of OMazing Kids Yoga

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Learning Objectives




1. Learn at least **3 benefits** of yoga for kids.
2. Learn at least **3 yoga movement poses**, at least **3 yoga breathing techniques** & at least **3 different relaxation and/or affirmation strategies** that can be used with kids and the benefits for each.
3. Learn at least **3 ways that yoga strategies can be incorporated into daily routines** in a childcare setting and at least **3 resources for obtaining further information regarding yoga for kids** to support implementation.

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Yoga is...



- To “yoke”, “unite”, “be whole”.
- The union of body (postures), mind (inner focus) & spirit (breath).
- A holistic practice.
- Adaptable to almost any level of physical or developmental ability.
- A gentle, noncompetitive form of exercise that all children can enjoy.


Yoga is **not**...

- A religion.

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Yoga for Radiant Kids



Radiant (adj.): bright and shining with joy, hope, love, confidence, or happiness.

See a child's awe and pride as he moves in a new way or tries something new.

Hear a child's laughter as she feels joyful while having fun practicing yoga.

Yoga creates a context for each child to thrive and emerge in their brightest light.

All children deserve to be bright, light and radiant and to see those things within themselves.

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Benefits of Yoga for Kids

- Strength, flexibility, balance
- Concentration, focus and attention
- Inner strength and body awareness
- Confidence and self-esteem
- Creativity and imagination
- Awareness of breath
- Relaxation and self-control
- Feeling of well-being and respect for others

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Kids Talk About Yoga Benefits



<http://www.wellnessinitiative.org/video.html> (5:21)
or http://www.youtube.com/watch_popup?v=GrouRQohwY&vq=medium&f=21

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More Benefits of Yoga

- Maintains smooth functioning and health of body systems
- Relaxes body and mind, reduces stress and anxiety
- Boosts metabolism, lymphatic circulation and hormonal circulation
- Improves immune response system
- Enhances digestion
- Improves memory and ability to follow directions
- Increases lung capacity and facilitates deeper breathing

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What do you need?

While yoga for adults often has lots of “stuff” like mats, bolsters, straps, etc., all you really need in order to do yoga with kids is...

- A child
- An adult
- A little space
- Imagination & creativity

Many items you already have can be used as props to add to the yoga fun!

Many of the yoga strategies can be done in less than 1 minute and would be easy to incorporate into daily routines.

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A Word About Yoga Mats

Yoga mats are not a necessity but can be helpful to define each child's space. If you decide to use them here are a few things to consider:

- Look for mats that are free of toxins (lead, phthalates) & are resistant to bacteria.
- If mats are used, wash with non-toxic mat cleanser and dry after each use.
- Choose plain yoga mats in calming colors.

While the designs on some yoga mats may be “cute”, they can be distracting, can be taken literally (ex: I can only do “frog pose” on the mat with the frog) and can flake/peel off and sometimes contain harmful things like lead.

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Getting Ready for Yoga

- Not on a full tummy
- Comfy clothing
- Bare feet or socks on non-slip surface
- Choose a space that will be safe for movement
- Chose music carefully for the effect you are wanting (rhythmic – calming vs. quick tempo – energizing). Watch for overstimulation.
- Chose any props you want to add
- Choose the yoga strategies to use

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A Balanced Yoga Approach



- Warm-up exercises
- Asanas (poses)
- Pranayama (breathing)
- Yamas & Niyamas (character education)
- Mantras (positive affirmations)
- Relaxation (includes guided imagery)

Yoga is not just “poses”. It also includes what happens along the way – how you breathe, how you are listening to your body, and how your mind is focused on the present moment.

Yoga is a personal activity that looks different with each child.

Yoga is not about how we “look” on the outside, it is about how we “feel” on the inside.

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Keys to Keeping it Fun



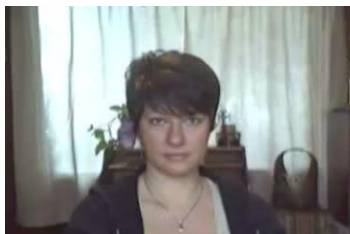
- Relax – children are sensitive to adult moods.
- Children are big souls in little bodies. They respond best to positive words & praise.
- Do not compare children to each other.
- Model poses and use visual aides (yoga pose cards, stuffed animals, dolls).
- Children learn best from their own experience. Don't try to make children do the poses “perfectly”. The key is to “guide” them in exploring yoga in a safe way. Phrase assistance in a positive way.
- Keep instructions simple, one step at a time.
- Provide a safe place for breaks. Let them know they can take a break when they need one by sitting or laying quietly.

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Warm-Up Exercises for Kids

Hand Rubbing Warm Ups



http://www.youtube.com/watch_popup?v=CblV20kzrAE&vq=small (2:50)
By: Barbara Gini from BodyLogique /S.M.Art Kids Yoga

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Warm-Up Exercises for Kids

Washing Machine & Dryer



http://www.youtube.com/watch_popup?v=ck_6YppMQz0&vq=medium (0:33)

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Warm-Up Exercises for Kids

Sun Breath & Stretch



http://www.youtube.com/watch_popup?v=qV7z-mwa24&vq=medium (1:47)
By: Lani Rosen-Gallagher from Full of Joy Yoga

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Asanas (poses)



- Kids' yoga poses are based on basic adult yoga poses, with modifications so they are developmentally appropriate.
- Kids' yoga groups are more dynamic than adult yoga classes, incorporating songs, storytelling, toys and games to keep them engaged.
- Kids “play” at yoga, just like they play to learn everything else.
- The goal is not the perfect pose... it is to engage the child in experiencing yoga.

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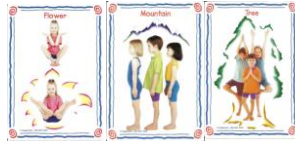
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Examples of Asanas (poses)



Poses are often inspired by animals & things in nature



These are examples from the Yoga Kit for Kids by Imaginazium.

Includes 25 yoga cards, instruction book & a music CD.

Costs about \$20.00

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Examples of Asanas (poses)



These are examples from the Learn With Yoga ABC Yoga Cards for Kids cards & The Yoga for Small Spaces cards. Both available from www.aditya.com.

Each costs about \$19.99

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Free Kids Yoga Activities



A free alphabetical list of more than 35 kids yoga poses with instructions, pictures & benefits for each is available on the *Yoga in My School* website at: <http://yogainmyschool.com/yoga-101/poses/alphabeticallist-of-poses/>

There are tons of free video clips of kids yoga activities available online at YouTube. Here are a few favorites:

The Sun Dance Kids Yoga - http://www.youtube.com/watch?v=g6B_OaTQm2I

Fly Like a Butterfly from Radiant Child Yoga - <http://www.youtube.com/watch?v=D70OUygonMg>

Full of Joy Yoga kids - Yoga Freeze Dance - <http://www.youtube.com/watch?v=TDbeq1Za9v4>

Pre-K Class doing Yoga - <http://www.youtube.com/watch?v=j4wOKgcXcm8>

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Basic Principles of Asanas (poses)

- **Simple** - Stick to basic yoga poses. Advanced yoga poses should **not** be attempted by children (ex: headstands, extreme back bends, etc.).
- **Short** - The poses should not be held for too long – only a couple of breaths for younger children.
- **Slowly** - Listen to your own body and do **not** do anything that hurts. Move slowly in/out of poses.
- **Breathe** - Remember to breathe.
- **Both Sides** - Do poses on each side of the body for about an equal amount of time.
- **Balance** - Provide a balance of poses that move and stretch the body into motion with those that provide quietness and relaxation.

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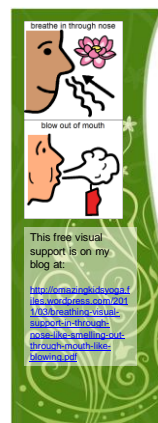
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Asanas That Promote Relaxation

- Stillness and quiet are just as important as action and movement.
- Children are bombarded with stimuli of all kinds and can become tense and stressed in our fast-paced society.
- Yoga can help them discover the joy of stillness and teach them how to concentrate.
- Poses that promote relaxation: Easy Pose, Lotus, Mouse/Child's Pose, Lying Flat (Savasana/Do Nothing Doll/Yogic Sleep), etc.
- In general, poses that provide “extension” are alerting & those that provide “flexion” are calming.

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Pranayama (Controlled Breathing)

- Increases blood oxygenation and can produce calming or energizing effects.
- Basic guidelines:
 - Breathe in through your nose as you expand, lift or open your body.
 - Exhale as you contract or close your body.
- Helps to use a flower as an image to breathe in through the nose like “sniffing” and a candle as an image of blowing out when you breathe out.
- Breathing in through the nose warms, slows and cleans your breath.
- Using the breath in different ways (buzzing, yawning, blowing, sighing, hissing, roaring) helps to relieve tension.

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Swimming Stuffs: Kids Breathing Exercise



http://www.youtube.com/watch_popup?v=P5ShnvaZ-8A&vq=medium (1:37)
By: Donna Freeman from Yoga In My School

The goal is to have the child use belly breathing to lift the stuffed animal on an inhale and lower it on an exhale. This action makes the stuffy appear to swim in the waves of the breath. This technique is extremely effective with pre-school kids and those with special needs.

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Breathing with a Hoberman Sphere



http://www.youtube.com/watch_popup?v=Ew1a0VQp-fc&vq=small (1:52)
By: Barbara Gini from BodyLogique /J.M.Art Kids Yoga

Expand the Hoberman sphere as you breathe in through your nose (it expands just like your lungs expand as they fill with air).

Contract the Hoberman sphere as you breathe out (it gets smaller just like your lungs do when you breathe out).

- Faster pace = energizing "loud breath"
- Slower pace = calming "quiet breath"

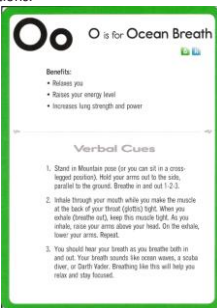
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Ocean Breath

Ocean Breath is a simple breathing exercise that can be done quickly during transitions.



This example is from the *Learn With Yoga ABC Yoga Cards for Kids* cards available from www.addriya.com.
Costs about \$19.99

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Positive Affirmations

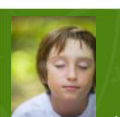
Manifest Your Magnificence Affirmation Cards For Kids
Relax Kids Mood Cards

- The child picks a card (helps to limit it to 2-3 choices).
- If they can read, the child reads the card aloud about himself or herself.
- If needed, an adult reads the card to the child and has them imitate the positive affirmation (either verbally, through sign or if needed with a communication device).

Often children, especially those with special needs, get the message that something is wrong or needs to be "fixed" in them. It is important that all children know that they are special, important and loved just for "being" and not because of something they "do".

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Guided Imagery

Using simple "guided imagery" is fun and helps the kids use their imagination during relaxation at the end of yoga.

relax Kids

Relax Kids – free kids guided imagery & affirmations

<http://www.relaxkids.com/21days/online/index.html>

Also available as a PDF at:

<http://www.relaxkids.com/21days/21-day-programme.pdf>

Yoga in my school.com

My Favorite Color: A Guided Visualization for Relaxation – free audio clip online

<http://yogainmyschool.com/2010/06/15/my-favourite-colour-a-guided-visualization-for-relaxation/>

Several short guided relaxation scripts are also in the book *Once Upon a Pose* (pgs. 108-110)

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Yamas (character education)

Yamas are social disciplines – how we behave toward others

- Non-violence
- Truthfulness
- Non-stealing
- Moderation/self-control
- Generous/not greedy

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Niyamas (character education)

Niyamas are personal disciplines – how we care for ourselves

- Cleanliness
- Contentment
- Self-discipline/Doing our best
- Study/Learning
- Living with love & positive thoughts

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Ideas for Yoga in Childcare Settings

- Mountain Pose when standing in line.
- Mouse/Child's Pose as a way to calm before naptime.
- Pairing yoga poses with storytime as a multisensory way for kids to learn. May especially help kids who have a difficult time sitting still to listen.
- Deep breathing to help calm kids before they escalate into a tantrum.
- Warm-up activities prior to circle time.
- Using chime bar as a way to gain kids attention.
- Calming poses after active or outdoor play.

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Use Props To Add To The Fun!

Anything with animals – silly bands, stuffed animals, animal stickers



Pom poms –

- reach to pick up during poses
- blow with straw
- pick up with toes and put in a cup to work on focus & balance



Colored scarves –

- to hang off the kids arms as "leaves" in tree pose
- to dance with during Yoga Freeze game

Be creative!
What is a new way you could use something you already have?

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Resources

My Amazing Kids Yoga blog & Facebook page has lots of kids yoga ideas & resources:



<http://omazingkidsyoga.wordpress.com/>
<http://www.facebook.com/OMazingKidsYoga>

BodyLogique/S.M.Art Kids Yoga has a great kids yoga website, Facebook page, YouTube channel & blogs:



<http://smartkidsyoga.webs.com/>
<http://bodylogique.blogspot.com/>
<http://www.bodylogique.com/>
<http://www.facebook.com/bodylogique>
<http://www.youtube.com/user/bodylogique>

Yoga in My School has a great website, Facebook page & YouTube channel



<http://yogainmyschool.com/>
<http://www.facebook.com/pages/yogainmyschoolcom/119611714090>
<http://www.youtube.com/user/homyogachick>

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Resources



This fun website has more than 40 free video clips of classroom-adapted yoga activities sorted into "Energize", "Calm" & "Focus"

www.yogabites.com
www.classroomyogaproject.org
<http://amimeencanta.com/yogabites2010/home.html>

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References

Books:

A Yoga Parade of Animals: A first fun picture book of yoga by Pauline Mainland.

Create a Yoga Practice for Kids: Fun Flexibility and Focus by Yael Calhoun & Matthew R. Calhoun. Good practical tips on how to explain yoga in kid-friendly terms, sequencing of poses, themes, benefits of each pose, examples of classroom ideas, illustrations are black & white line drawings.

Fly Like A Butterfly: Yoga for Children by Shakti Kaur Khalsa, E-RYT 500. Good kid-friendly warm up activities, use of yoga storytelling with black and white photo of each pose with instructions, list of benefits for each pose, partner pose activities, affirmations, meditations with mudras, "long time sun" closing song/activity.

Integrated Yoga: Yoga With A Sensory Integration Approach by Nicole Cuomo, OT. Modifications to poses by age-ranges, sensory aspects of poses, benefits of each pose, black and white photos.

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Books:

Born Yogis by Susie Arnett. Black and white picture book of children in natural movement that mimics yoga poses.

Itsy Bitsy Yoga: Poses to Help Your Baby Sleep Longer, Digest Better and Grow Stronger by Helen Garabedian.

Itsy Bitsy Yoga for Toddlers and Preschoolers: 8-Minute Routines to Help Your Child Grow Smarter, Be Happier and Behave Better by Helen Garabedian.

Learn with Yoga ABC Yoga Cards for Kids Instructor Guide by Christine Ristuccia, MS, CCC-SLP, RYT. Designed to be used with their yoga cards but contains good info about benefits, tips for educators, yoga instructors & parents, forming yoga groups, incorporating motor, basic concept, language and reading/literacy goals, and ideas for quick yoga breaks.

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Books:

Little Yoga: A Toddler's First Book of Yoga by Rebecca Whitford. Picture book for parents to read with their toddler. Could be used to introduce a balanced yoga sequence through imitation of "Yoga Baby" in the story. Includes a few tips.

Once Upon a Pose: A Guide to Yoga Adventure Stories for Children by Donna Freeman. Great info on using storytelling to facilitate children's yoga. Includes 10 premade storytelling scripts with black and white photos of poses. Nice selection of short guided imagery scripts for kids. Also describes benefits of yoga, how yoga fits with goals in classrooms at various grade levels, brief info on yoga for specific special needs.

The Yoga Zoo Adventure: Animal Poses and Games for Little Kids by Helen Purperhart. Good supplementary resource for activity ideas.

The ABCs of Yoga for Kids by Teresa Anne Power. Alphabetical picture book with rhyme for each pose. There is also a coloring book version available.

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Books:

Yoga Calm for Children: Educating Heart, Mind and Body by Lynea Gillen (school teacher/counselor) & Jim Gillen, RYT. Unique inclusion of Social-Emotional activities. Good info about creating a good yoga setting & routine, group management, unique yoga activities and variations, several partner & group poses, ideas for classrooms ex: Yoga Calm Quick 5, appendix of curriculum recommendations.

Yoga for Children by Mary Stewart & Kathy Phillips. Good large color photos and clear step-by-step instructions for each pose.

Yoga Games for Children: Fun and Fitness with Postures, Movement & Breath by Danielle Bersma & Marjoke Visscher. Good supplementary resource for activities/games for breathing, relaxation, meditation, partner or group activities to build cooperation/trust, seasonal themes & making mandalas.

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References



Books:

Yoga Therapy for Every Special Child: Meeting Needs in a Natural Setting by Nancy Williams, SLP. Good info relating yoga to other therapeutic areas (body awareness, motor planning, communication, following directions, behavioral regulation, social skills, sensory integration), ideas for creating a good yoga environment, description of poses with benefits and modifications for specific special needs. Black and white line illustrations.

YogaKids: Educating the Whole Child Through Yoga by Marsha Wenig. Based on concept of eight intelligences, good tips for working with children, tips for tying poses in to curriculum areas, good clear color photos and instructions for each pose, tips for specific special needs, affirmations, lists of songs & books to go with poses.

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Cards:

Learn With Yoga ABC Yoga Cards for Kids cards by Christine Ristuccia, SLP & RYT – set of 26 ABC yoga cards with verbal cues & benefits (1 pose for each letter) & 26 Instructor Cards with ideas for language development & reading readiness activities for each pose.

Manifest Your Magnificence Affirmation Cards for Kids by Susan Howson – set of 64 illustrated two-sided affirmation cards for children. One side has a simple "I am ____" statement with illustration, the other side has a brief meaning with illustration.

Relax Kids Mood Cards by Marneta Viegas – set of 52 illustrated one-sided cards. Each has a "Today I will be ____" statement with illustration. (no longer in print – may be able to find from a reseller online. Many of them are shown online on their Facebook page.)

Yoga for Small Spaces cards by Christine Ristuccia, RYT & Lynn Geddes, RYT – set of 52 cards with positioning cues, benefits, modifications & affirmations.

Yoga Kit for Kids by Imaginazium - Includes 25 yoga cards, instruction book & a music CD.

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DVD's:

Kids Teach Yoga: Flying Eagle by Yoga Calm. 31 minutes. Nice slow calming pace, teen girl leading yoga with a group of other children, nice demonstration of use of props, encouraging social skills, storytelling, imagery & guided relaxation. Bonus feature: Focus and social skills activities with ADHD expert Dr. Jeff Sosne.

Yoga in Motion – Radiant Child by Shakta Kaur Khalsa and friends. 90 minutes. Includes English & Spanish options plus one track done with American Sign Language. 22 songs and yoga movements demonstrated by children and parents in real time and the "Learn the Moves" feature includes slowed down instruction and teaching tips. Sections might be good to infuse into a yoga group for kids, very helpful as a tool to learn the songs, activities, poses you would be teaching. The companion *Yoga in Motion Workbook* by Alima Clarke & Shakta Kaur Khalsa has teacher tips, benefits, song lyrics & craft activities.

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References

Trainings:

Radiant Child Yoga Program – Children's Yoga Teacher Training Manual – Levels 1 & 2 founded & directed by Shakta Kaur Khalsa, E-RYT 500, my course was taught by Rebecca "Rebe" Taylor, E-RYT 500, 1/7-1/9/11 in Oklahoma City, OK.



Therapeutic Yoga: Bridging Ancient Practices with Traditional Therapy Techniques – presented by Julie Whitbeck, OTR/L, CYT, Cross Country Education



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Questions?



Presenter Info:

Angela Moorad, M.S., CCC-SLP, IAYT, RCYP-2
Speech-Language Pathologist & Founder of OMazing Kids Yoga
amoorad@jdmc.org
(405) 307-2802

21 years of experience working with children with a wide range of disabilities from birth to age 21 in a variety of settings (home, childcare, school, hospital, playground, park, etc.).

- 14 years with the SoonerStart Early Intervention Program
- 7 years at the J.D. McCarty Center (www.jdmc.org)
- Radiant Child Yoga Certified – Levels 1 & 2
- International Association of Yoga Therapists



Founder of OMazing Kids Yoga – adapted yoga for kids with and without disabilities

- OMazing Kids Yoga Blog: <http://omazingkidsyoga.wordpress.com/>
- OMazing Kids Yoga on Facebook: <http://www.facebook.com/OMazingKidsYoga>

Yoga for Radiant Kids – Presented by: Angela Moorad, MS, CCC-SLP, IAYT, RCYP-2
Oklahoma Child Care Association Spring Conference – April 16, 2011

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Thanks for coming! OMazing Kids Yoga

I look forward to keeping in touch and sharing ideas with each other on the OMazing Kids Facebook page & blog.



Special thanks to **Addriya** for their generous donation of "Yoga for Small Spaces" that was given away as a door prize during today's presentation. Check out their products at www.addriya.com.

Yoga for Radiant Kids – Presented by: Angela Moorad, MS, CCC-SLP, IAYT, RCYP-2
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