


OMazing Kids Yoga: Therapeutic Yoga For Kids and Teens with Autism


OMazing Kids Yoga:

Therapeutic Yoga For Kids and Teens with Autism



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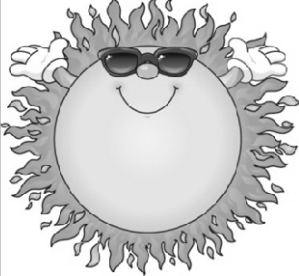
J.D. McCarty Center for Children with Developmental Disabilities



Oklahoma Statewide Autism Conference – November 19, 2011

A PDF of this presentation with links to websites, research & resources is on my blog at: <http://tiny.cc/q5th8>


**Let's do a little
Sun Breath & Stretch
to get some energy flowing after lunch**




More info about this
with a video clip on
page 17

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Learning Objectives



Look for examples of
donated items throughout
the presentation




- 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 and the benefits for each.
- Learn about the sensory aspects of particular yoga poses and activities, including at least 3 that tend to be “calming” and at least 3 that tend to be “energizing”.
- Learn at least 3 ways that yoga strategies can be incorporated into daily routines and into existing educational and therapeutic goals.
- Learn about research, case studies and articles related to yoga for kids and teens with and without special needs.
- Learn at least 3 free resources for obtaining further information regarding yoga for kids and teens 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.

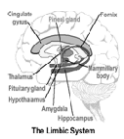
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Benefits of Yoga for Kids & Teens

- Strength, flexibility and 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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More Benefits of Yoga

- Maintains smooth functioning and health of body systems
- Relaxes body and mind, reduces stress and anxiety
- Boots 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

Research is showing that yoga helps dampen the body's stress response by reducing levels of cortisol & boosting GABA, serotonin & dopamine.

Nighttime plasma melatonin is increased, which may result in improved sleep quality.

Evans, Sternlieb, Tsao, and Zeltzer (2009)

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Yoga for Autism



See how some children on the autism spectrum are benefiting from therapeutic yoga

Sep 16, 2010 (1:50) - <http://video.foxnews.com/v/3935493/yoga-for-autism/>


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Why Yoga for Kids & Teens with ASD?

- ✿ Yoga addresses their heightened anxiety, poor motor coordination and weak self-regulation.
- ✿ Yoga strategies can easily be incorporated into daily routines and existing educational goals.
- ✿ By becoming aware of their bodies and aware of their breathing, yoga provides them with the ability to cope when they start to feel anxious or upset.
- ✿ The breathing techniques and guided visualization assist by reducing stress, teaching coping techniques, and providing a sense of calm and acceptance. Once a child has learned some of these elements they can use them anytime, anywhere. This enhanced ability to self-calm will allow the child to learn from and participate in educational and daily routines in a more productive and enjoyable fashion.

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How Yoga Helps Sensory Processing

- ✿ **Relaxation response:** The sensory system is soothed, and the relaxation response (parasympathetic system) is engaged in forward folds; deep, relaxed, even breathing; progressive relaxation (tensing then releasing each muscle group); and deep relaxation.
- ✿ **Body/spatial awareness:** Better body awareness is one of the greatest benefits of the yoga practice. Standing and balancing poses help develop stability, strength, and coordination. Poses such as tree, eagle, and dancer provide joint compression. Moving from backbends to forward bends to twists gives the vestibular system rich input, which helps a child feel calm and grounded.
- ✿ **Self-awareness:** All of the practices in yoga have as an aim to develop better awareness - awareness of the body, the mind, and the breath. Yoga also inherently helps develop a greater sense of self, a feeling of more ease in the world, and a sense that "everything is okay just as it is."

Excerpts from: "Sensory Integration and How Yoga Helps" from Yoga Chicago's March/April 2010 magazine by Mira Binaen, E-RYT, RCYT
<http://www.yogachicago.com/mar10/mira.shtml>

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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 and teens is...

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

Have a brain? a body? breath? Then YOU can do yoga! 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 (Bisphenol-A (BPA), PVC, Lead, Phthalates, Dioxins) & 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
- Choose music carefully for the effect you are wanting (rhythmic = calming vs. quick tempo = energizing) Watch for overstimulation
- Choose any props you want to add
- Choose the yoga strategies to use
- Use visual supports as needed (<http://wp.me/p1t7TU-a2>)

Disclaimer: The information in this presentation is for general informational purposes only and SHOULD NOT be relied upon as a substitute for sound professional medical advice, evaluation or care from your physician or other qualified health care provider.

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A Balanced Yoga Approach


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

☞ 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 or teen.

☞ 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, visual schedules/supports, stuffed animals, dolls, etc.).
- 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. Ask permission to help/touch.
- 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 Up (Palming)



http://www.youtube.com/watch_popup?v=TePA7OoQ0s&vq=medium (-:57)
 From The Adventures of Super Stretch - <http://www.adventuresofsuperstretch.com/>


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Warm-Up Exercises for Kids

Washing Machine & Dryer



http://www.youtube.com/watch_popup?v=K_6YpMQz08vq&medium (0:33)

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Warm-Up Exercises for Kids

Sun Breath & Stretch




http://www.youtube.com/watch_popup?v=aV7z-nwa24&vq=medium (1:16)

By: Lani Rosen-Gallagher from Full of Joy Yoga

A free small & large suns printable is on my blog at: <http://omazingkidsyoga.files.wordpress.com/2011/04/small-and-large-suns-printable-for-sun-stretch-breath-yoga.pdf>

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Warm-Up Exercises for Kids

1. Color-the-Room


"Yoga is a wonderful way to stretch your mind and body. Let's play a yoga game called Color-the-Room. Reach out your hand and pretend to grab your favorite color crayon. As you breathe in, stretch your hand over your head as high as you can and draw three big, colorful circles. Feel the stretch on your sides. What colors do you see on the ceiling? Now draw in the opposite direction. But this time: arm down, and raise the other arm and grab a color that makes you feel silly. Again, stretch up high and make three wide circles in each direction. How does the ceiling look?"

"Now, let's do the walls. Reach a hand out and grab a color that makes you feel happy. What color makes you feel happy? Draw a big circle reaching from over your head to the floor. As you move up, breathe in through your nose. As you move down, breathe out and bend your knees so they are soft. Do this three times, and then we can change colors and reverse direction."


"Then with the other hand, reach out and grab a color that makes you feel quiet. Draw the three circles, remembering to breathe. Now how does the room look?"


Benefits: Opening with something silly allows the kids to feel the fun in yoga. It is a nice way to bring everyone together before formally beginning the practice with Easy Pose.

Preview From Google Books: http://books.google.com/books?id=388mrr8t4AC&redir_esc=y#v=onepage&q&f=false



Color-the-Room





Children use laminated bulletin board accents as props during this warm-up.


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Therapeutic Yoga For Kids and Teens with Autism



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.




It is important to know any health conditions or diagnoses. There are contraindications for certain poses and activities.

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Examples of Asanas (poses)

Poses are often inspired by animals, nature, toys, etc...



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Free Kids Yoga Activities

Yoga in My School has a free alphabetical list of more than 35 kids yoga poses with instructions, pictures & benefits for each on their website at: <http://yogainmyschool.com/yoga-101/poses/alphabetical-list-of-poses/>

YouTube has lots of free video clips of kids yoga activities available online. Here are a couple of 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=D70QUVqonMa>

OMazing Kids Yoga - <http://www.youtube.com/user/amoerad1>

The Good Night Show – PBS Kids
<http://www.sproutonline.com/currentsite/good-night-show/stretchies/>


Activity TV
Preschool Yoga videos from Jodi Komitor of Next Generation Yoga
<http://www.activitytv.com/search.aspx?term=yoga>

YogaVibes – lots of free online yoga videos for all ages – Can search by 'style', 'instructor', 'difficulty' & 'focus'
<http://www.yogavibes.com/videos/channel/free-classes/>

To find "kids yoga", go to "Focus" then "Yoga for Kids".

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Basic Principles of Asanas (poses)


- Simple** - Stick to basic yoga poses. Advanced yoga poses are **not** recommended for most 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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Asanas That Promote Calming

- 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 "flexion" are calming.**




Calming activities on the Yoga Bites website:
http://www.maddiesbooks.com/yogibites/CYP_vbyogabites2010/Calming_main.html

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Asanas That Promote Alertness

- Our brains need movement to keep us alert. Have you ever felt that mid-afternoon energy dip?
- Ideas for alerting poses: as a brain-break between activities, a perk-up before a test, etc...
- Poses that promote alerting: camel, chair, cobra, crescent moon, lion, sun breath & stretch, upward facing dog, warrior 1, woodchopper, etc...
- In general, poses that provide "extension" are alerting & energizing.**




Energizing activities on the Yoga Bites website:
http://www.maddiesbooks.com/yogibites/CYP_vbyogabites2010/Energize_main.html

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Asanas That Promote Focus

- Have you ever felt overwhelmed or unfocused?
- Ideas for focus poses: as a brain-break before teaching new or challenging tasks, to center/focus before a test, before multi-step activities, etc...
- Poses that promote focus: tree, eagle, flamingo, Brain Gym "hook ups", washing machine, etc...
- **In general, poses that use both sides of the body and/or cross midline promote focusing.**



Focusing activities on the Yoga Bites website:
http://www.maddiesbooks.com/yoga/bites/CYP_vo/voabites2010/Focus_main.htm

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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.

This free visual support is on my blog at:
<http://omazingkidsyoga.files.wordpress.com/2011/03/breathing-visual-support-in-through-nose-like-smelling-out-through-mouth-like-blowing.pdf>
 And a post about using visual supports in yoga:
http://www.maddiesbooks.com/yoga/bites/CYP_vo/voabites2010/Focus_main.htm

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Swimming Stuffs: Kids Breathing Exercise



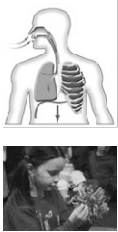
<http://www.youtube.com/watch?v=pup2v-P5Shnaz-8A&v=medium> (-50)
 By: Donna Freeman from Yoga In My School & author of "Once Upon a Pose"

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. Weighted stuffed animals (ex: Beanie Babies) provide extra sensory input that is calming for some kids.

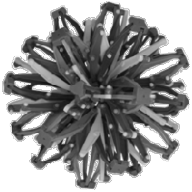
Link to instructions on adding weight to a stuffed animal:
http://www.donnamfreeman.com/images/stories/PDF/Flare_weighting_or_adding_weight_to_stuffed_animals.pdf

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Breathing with a Hoberman Sphere




http://www.youtube.com/watch_popup?v=Ew1qDVQp_fc&vq=small (1:52)
By: Barbara Gini from BodyLogique /S.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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Volcano Breath

Volcano Breath is a simple breathing exercise that can be done either seated or standing.


Yoga Calm for Children

ACTIVITY

- Stand with feet hip-width apart, or sit in a chair or cross-legged on the floor.
- Place palms together at the heart.
- Take a slow, deep breath through the nose and pause when the lungs are full.
- Hold the pause and bring the arms up over the head.
- Exhale and slowly "explode the volcano," moving arms out to the side and then back together at heart.



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Positive Affirmations

Manifest Your Magnificence Affirmation Cards For Kids
Relax Kids Mood Cards

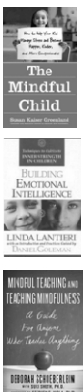
- The child picks a card (helps to limit it to 2-3 choices).
- If they can read, the child reads the card aloud about himself or herself.
- If needed, an adult reads the card to the child and has them imitate the positive affirmation (either verbally, through sign or if needed with a communication device).

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"**.

Free affirmations for kids:
<http://www.childrenlights.com/articles/article-empowering-children-affirmations.htm>


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Mindfulness

Mindfulness is paying attention to what is happening in the present moment.

The Mindfulness Bell or Chime: 

When the bell is struck, listen to the sound as it rings and keeps on ringing. When you can't hear it any more, raise your hand.


Variation: Now put your hands on your belly and close your eyes. Concentrate on your breath, knowing when you are breathing in, or out, or just in between in and out. When I ring the bell, I want you to notice whether you are breathing in, out, or in between at the sound of the bell.

This game provides a playful framework for simply noticing breath for a few moments, and maintaining concentration.

The bell can also be used as a signal if the teacher, or even a student, feels that the group could use a pause, and a breath! More and more teachers keep a bell at hand, and it can be a classroom agreement that if the bells sounds, all will pause whatever they are doing, and take three mindful breaths before continuing.

Mindfulness resources: <http://www.susanisagergreenland.com/inner-kids/resources.html>

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Relaxation

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

Squeeze & Relax (excerpt from Building Emotional Intelligence – CD)

Imagine you have a ball of clay in each hand.
Squeeze the clay with your hands.
Make your fists tight.... Squeeze..... Squeeze.... As tightly as you can.
And now let go.
Let the clay just drop to the floor.
Feel your arms relaxing.
Let your hands relax.
Let your fingers relax.
Let your arms relax... completely.... While I count to 5: 1... 2... 3... 4... 5.
Good.... Your hands and arms are relaxed.

<shoulders sequence>

Now squeeze your eyes tight.... Squint like you do when the sunlight is too bright.
Open your mouth as wide as you can.... Like you're going to take a giant bite.
And stick out your tongue.... Hold.... Hold.... Hold....
Now let go and let your whole face relax.
Let your face relax and rest while I count to 5: 1... 2... 3... 4... 5.
Your face is relaxed.

Calming music and calming activities such as coloring are often used to promote relaxation at the end of yoga.

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More Guided Imagery Resources

Stress Free Kids – has a variety of books and CDs designed to help children, teens and adults decrease stress, anxiety & anger
<http://www.stressfreekids.com/>
<http://www.youtube.com/user/StressFreeKids>

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)

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>

Storytime Yoga: Teaching Yoga to Children through Story
Several short guided relaxation scripts are in the book (pgs. 97-103)
PDF sample chapter: http://www.mythictoyoga.com/files/creative_relaxation.pdf

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Yamas & Niyamas (character education)

Yamas are social disciplines – how we behave toward others

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

Niyamas are personal disciplines – how we care for ourselves

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

<http://meaninginmotion.com>
 Video clip of me using one of the cards at a kids yoga event:
<http://www.youtube.com/watch?v=Ao2ZKrtcr-Q>

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Ideas for Yoga in Daily Activities

- Yoga during storytime as a multisensory way for kids to learn.
- Calming poses after active or outdoor play.
- Yoga break before a test.
- Yoga as part of a relaxing bedtime routine.

New bedtime yoga book:
www.yawningyoga.com

Many more great sensory & adapted yoga ideas on their website & blog!

The 4B's of Self Control

A 4-step approach for relaxing tension, refocusing & calming

Brake:
This is putting the "brakes" on excess energy to stop it.
Press your hands together firmly for 5-6 seconds.
Release.
Repeat: 3 times.

Breathe:
Breathing slowly and deeply helps regulate the Central Nervous System.
Place hands over belly button and take 3-5 deep slow breaths.
When you breathe in, your belly should fill up with air and push your hand outward.

Brain:
Interlace fingers & gently press them to your head 10 times to "wake up" the brain. Squeeze together for "Brain buttons" in the middle circle agitated, easing sensation.
Don't forget to gently "wake up" the sides, front and back of the brain too!

Body:
Stretch gently "hog" or deep sleep posture to give arms & shoulders.
This plants the muscles & nerves deep in the skin creating a soothing & slowing sensation in the body.

Use as a transition between activities, before morning meetings or circle time & as a calming activity upon waking or before bed.
Use several minutes between to release excess tension, emotions and to regulate before you sleep or any other time you need awareness.

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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

Games that promote mindfulness & cooperation –

Colored scarves –

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

Keep individual sensory needs in mind when choosing props.

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

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A PDF of this presentation with links to websites, research & resources is on my blog at: <http://tiny.cc/q5th8>

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Free Ideas & Resources

OMazing Kids Yoga's Facebook page, blog & YouTube channel:

<http://omazingkidsyoga.wordpress.com/>
<http://www.facebook.com/OMazingKidsYoga>
<http://www.youtube.com/user/amooraad1>

BodyLogique's website, Facebook page, YouTube channel & blog:

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

GreenTREE Yoga's website, Facebook page, YouTube channel & blog:

<http://greentreeyoga.org/FREE/free.htm>
<http://greentreeyoga.org/Blog/free-v2/>
<http://www.youtube.com/user/GreenTREYoga1#p/a>
<http://www.facebook.com/greentreeyogapr>

Yoga in My School's 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>
http://www.maddiesbooks.com/yogibee/CYP_vb/yogabites2010/home.html

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Research, Case Studies and Articles about Yoga for Children



Yoga as a Complimentary Therapy for Children and Adolescents: A Guide for Clinicians
 By Lisa C. Kaley-Isley, PhD, RYT-500, John Peterson, MD, Colleen Fischer, PhD, and Emily Peterson, CYT
 Published in Psychiatry (Edgmont). 2010 August; 7(8): 20-32.
http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2945853/pdf/PE_7_8_20.pdf
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2945853/>

Yoga and Autism: A rewarding (and challenging) assignment
 by Hannah Gould, Published in Yoga Therapy Today December 2010
http://www.nesca-newton.com/Yoga_and_Autism_Hannah_Gould.pdf
<http://iayt.metapress.com/content/m3815h325qu67x71/fulltext.pdf> (pgs 9 - 11)

Yoga for Children on the Autism Spectrum
 by Jennie Ehleringer, Published in the 2010 edition of International Journal of Yoga Therapy
http://www.yogaforallpdx.com/uploads/IJYT-2010_-_Ehleringer-Final_.pdf

Yoga for the Special Child: Working with Autism
 by Jennifer Davis, Published in Yoga Therapy Today, Volume 5, Number 1 / March 2009
<http://www.theneighborhoodnanny.com/doc/YogaAutism.pdf>
<http://iayt.metapress.com/content/k557h10170585160/fulltext.pdf>

Yoga Therapy for Autistic Children
 by Miriam Behar, MA, OTR/L, Published in May 2006 edition of Yoga Therapy in Motion
http://www.iayt.org/Publications_Vx2/ytip/may06/Behar0506.pdf

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Research, Case Studies and Articles about Yoga for Children

Creative Relaxation: A Yoga-Based Program for Regular and Exceptional Student Education
by Louise Goldberg, M.A., R.Y.T., L.M.T., Published in the International Journal of Yoga Therapy, No. 14 (2004)
<http://relaxationnow.net/articles.html>
<http://iayt.metapress.com/content/50524j511674v292/fulltext.pdf>

Using the Biopsychosocial Model to Understand the Health Benefits of Yoga
by Subhadra Evans, Jennie Cl Tsao, Beth Sternlieb, Lonnie K. Zeltzer
Published in the Journal of Complementary and Integrative Medicine: Vol. 6: Iss. 1, Article 15 (2009)
<http://www.bepress.com/jcim/vol6/iss1/15>
http://www.bepress.com/cgi/viewcontent.cgi?context=jcim&article=1183&date=&mt=MTMxNTY4OTk0Ng==&access_ok_form=Continue

Yoga for children in the mirror of the science: working spectrum and practice fields of the Training of Relaxation with Elements of Yoga for Children
By M. Stück and N. Gloeckner
Published in Early Child Development and Care, Vol. 175, No. 4, May 2005, pp. 371377
http://www.katrinadurocher.com/files/yoga_for_children.pdf

Application of integrated yoga therapy to increase imitation skills in children with autism spectrum disorder
By Shantha Radhakrishna, Published in International Journal of Yoga. 2010 Jan-Jun; 3(1): 26–30.
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2952122/>

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Research, Case Studies and Articles about Yoga for Children

The effects of yoga on the attention and behavior of boys with Attention Deficit/Hyperactivity Disorder (ADHD)
By Pauline S. Jensen and Dianna T. Kenn, Published in Journal of Attention Disorders, Vol. 7, No. 4/May 2004
<http://www.justlearing.org/images/Effects%20of%20Yoga%20on%20the%20Attention%20and%20Behavior%20of%20Boys%20with%20ADHD.pdf>

Integrated movement therapy: Yoga-based therapy as a viable and Effective Intervention for Autism Spectrum and Related Disorders
by Molly Kenny, M.S., Published in International Journal of Yoga Therapy, 12 (2002), 71-79.
<http://samaryacenter.org/assets/ijyt2002.pdf>

Improvement in Static Motor performance following yogic training of school children
By Shirley Tellies, B. Hanumanthai, R. Nagarathna, and H. R. Nagendra
Published in Perceptual Motor Skills. 1993 Jun;76(3 Pt 2):1264-6.
<http://www.libraryofyoga.com/bitstream/handle/123456789/49/ii.1993.9.pdf?sequence=1>

The Effects of Mindful Awareness Teaching Practices in the Wellness Works in Schools Program on the Cognitive, Physical and Social Behaviors of Students with Learning and Emotional Disabilities in an Urban, Low Income Middle School
by Desmond, C.T. (2009) Millersville University, September 2009.
<http://www.wellnessworksinschools.com/WWResearchReport2009.pdf>

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Research, Case Studies and Articles about Yoga for Children

Teaching Yoga to School-Aged Children: Principles and Personal Experiences
by Heidi M. Feldman, M.D., Ph.D.
Published in International Journal of Yoga Therapy, Volume 15, Number 1 / 2005
<http://iayt.metapress.com/content/y1r2071380136260/fulltext.pdf>

Perceptions of Children Who Participated in a School-Based Yoga Program
By Jane Case-Smith; Julie Shupe Sines; Maryanna Klatt
Published in Journal of Occupational Therapy, Schools, & Early Intervention, 1941-1251, Volume 3, Issue 3, 2010, Pages 226 – 238
<http://www.informaworld.com/smpd/content/content=a927941444~db=all~jumptype=rss>

Yoga as an Intervention for Children with Attention Problems
By Heather L. Peck, Thomas J. Kehle, Melissa A. Bray & Lea A. Theodore
Published in School Psychology Review, 2005, volume 34, no. 3, pp. 415-424
http://www.yogaed.com/pdfs/yoga_intervention_child_atten.pdf

A Study of the Yoga Ed Program at the Accelerated School
by Slovacek, Simeon, Tucker, Susan, & Pantoja, Laura. (2003).
www.yogaed.com/pdfs/researcharticle.pdf

The Special Yoga Centre - great info about inclusive yoga for kids of all abilities
<http://www.specialyoga.org.uk/>; an amazing video: <http://www.youtube.com/watch?v=28yAw3uTZbs>


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Kids Yoga Books:

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

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


★ ***Children on the Spectrum: A Journey*** by Alma Largey. A short biographical account of her experiences in teaching yoga to children with ASD.

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 Shakta 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.

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Kids Yoga Books:

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.


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. They also have a **virtues book, coloring book & classroom border**. ★

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Kids Yoga Books:

★ ***My First Yoga: Animal Poses***. This book uses child friendly vocabulary and vibrant illustrations to lead kids through a series of easy to follow yoga poses.

★ ***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.

Storytime Yoga: Teaching Yoga to Children through Story by Sydney Solis.

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. Available in English & Spanish. There is also a coloring book & poster available.

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Kids Yoga 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 for Children with Autism Spectrum Disorders: A Step-By-Step Guide for Parents and Caregivers by Dion & Stacey Betts. (parents of a child with Asperger syndrome). Includes basic explanations of poses, black/white photos & modifications that might be needed. Helpful visualization tips to help kids understand the pose.



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Kids Yoga Books:

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.

★ ***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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Kids Yoga Coloring Books & Workbooks:

★ ***ABCs of Yoga for Kids: A Book for Coloring***

★ ***Asana Alphabet: Yogi & Yolette Learn the Asana Alphabet***

★ ***Color Me Yoga® Coloring Book***

★ ***Elahi Yoga Student Workbook***

★ ***Frog Yoga Alphabet Teacher Training Package*** by Young Yoga Masters (includes coloring pages & games)


★ ***Learn with Yoga: ABC Coloring Book*** by Addriya


Kids Affirmation Books & Cards:

★ ***Tiniest Acorn: A Story to Grow By*** – by Marsha T. Danzig / Color Me Yoga®

★ ***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. Square coated cards & storage box.

★ ***Relax Kids Mood Cards*** by Marneta Viegas – set of 52 illustrated one-sided cards. Square coated cards & storage box. 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.)





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Yoga-Based Relaxation Programs:

★ **S.T.O.P. and Relax®** by Louise Goldberg, yoga instructor, Debra Collins, psychologist, Sally Miller and Daniela Morales, two special education teachers. A systematic program for teaching relaxation and self-calming skills to children and young adults with disabilities such as Autism, Asperger's, ADHD, or Anxiety. Using evidence-based practices that address the "fight-flight" response, S.T.O.P. and Relax® integrates yoga, cognitive-behavioral psychology, and special education techniques to promote coping skills.

There are three different types of kits available:

- S.T.O.P. and Relax® Complete BOX Kit
- S.T.O.P. and Relax® Complete DIGITAL Kit
- S.T.O.P. and Relax® Digital Kit PLUS

Available for purchase & more info: <http://stopandrelax.net/S-T-O-P-and-Relax-Products-c11/>



Teaching Positive Life Skills (Yamas & Niyamas)

Meanings-In-Motion Character Building Life Skill Cards by Jennifer Sengelmann. 22 cards in a deck with more than 80 questions and over 40 activities.
<http://meaningsinmotion.com/>
 Activity ideas: <http://meaningsinmotion.com/wp-content/uploads/2011/09/meanings-in-motion.pdf>

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Mindfulness Books:

Building Emotional Intelligence: Techniques to Cultivate Inner Strength in Children by Linda Lanieri & Daniel Goleman. Book & CD with practical exercises for parents and their children to calm the body and focus the mind.

Mindful Teaching and Teaching Mindfulness: A Guide for Anyone Who Teaches Anything by Deborah Schoeberlein & Suki Sheth. Practical exercises for applying and promoting mindfulness throughout the day.

The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate by Susan Kaiser Greenland. Practical exercises that can be used by educators and parents alike to provide enjoyable experiences for children and teens that cultivate resourcefulness, focus, and resilience.


General Yoga Books:

30 Essential Yoga Poses for Beginning Students and Their Teachers by Judith Lasater, PT. Simple information about each pose, including benefits & contraindications.

KISS Guide To Yoga by Shakti Kaur Khalsa. Great simple explanations of all the components of yoga with photos and step-by-step instructions. Includes info on contraindications for particular poses.

Online Information for Benefits & Contraindications for Specific Poses:

• **Yoga Journal** - http://www.yogajournal.com/poses/finder/browse_index



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Yoga Cards:

★ **ABCs of Yoga for Kids Learning Cards** – set of 56 two-sided cards. Each card has a cute illustration of the pose and a poem about how to do the pose.


★ **Color Me Yoga® Flash Cards** - A 66 card deck featuring a picture of an elephant doing each pose on the front (non-laminated so they can be colored). On the back are the steps to the poses.

★ **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. Large coated cards & durable storage box.

★ **Little Lotus Kids Yoga Cards** by Yoga in the Valley - 39 illustrated poses and 16 games.

★ **Yoga 4 Classrooms™ Activity Card Deck** - 67 activities divided into six categories: Let's Breathe, At Your Desk, Stand Strong, Loosen Up, Imagination Vacation and Be Well. Each activity includes several discussion points, sub-activities and educational tie-ins for a total of over 200 Y4C™ classroom practices.

★ **Yoga for Small Spaces** cards by Christine Ristuccia, RYT & Lynn Geddes, RYT – set of 52 cards with positioning cues, benefits, modifications & affirmations. Large coated cards & durable storage box.



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Yoga Cards:

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

Yoga Planet Card Deck: 50 Fun Activities for A Greener World by Leah Kalish & Tara Guber. 50 cards feature an activity or pose on one side, with activity instructions or simple visualizations on the other. Activities include Breathing, Individual Poses, Partner Poses, Games, and Inspired Action. Large coated cards & durable storage box.

Yoga Pretzels Card Deck: 50 Fun Yoga Activities for Kids & Grownups by Tara Guber. 50 cards feature an activity or pose on one side, with activity instructions or simple visualizations on the other. Activities include forward bends, back bends, balance poses, breath exercises, partner poses, yoga games and visualizations. Large coated cards & durable storage box.

★ ***Yoga Warriors*** cards by Radiant Child Yoga. Each of the four characters demonstrates five yoga poses for a total of twenty poses. Four wild cards represent the elements at play in Spring (Courage), Summer (Radiance), Autumn (Appreciation), and Winter (Stillness). Cards include yoga instruction and benefits. Instructions are included for playing Concentration, Go Fish, War/Piece, Rums & Sets, and Last Yoga Standing. Total cards: 48 (24 double).

★ ***Yogiroll® Cards Deck & MagneTalk® Yogarilla®*** by Super Duper® Publications. Deck: 55 yoga poses sorted by starting positions and color-coded for easy identification. MagneTalk: vinyl magnetic game board, 15 vinyl magnetic Yogiroll tiles & 15 treasure (reinforcement) tiles.

★ ***Yogiroll® Cards Deck & MagneTalk® Yogarilla®*** by Super Duper® Publications. Deck: 55 yoga poses sorted by starting positions and color-coded for easy identification. MagneTalk: vinyl magnetic game board, 15 vinyl magnetic Yogiroll tiles & 15 treasure (reinforcement) tiles.

Optimizing Kids' Yoga: Therapeutic Yoga for Kids and Teens with Autism - Presented by: Angela Moorad, MS, CCC-SP, IYT, BCYT-2
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★ *Yogiños: Yoga for Youth® - Vishnu's OHMazing™ Journeys* - over 200 minutes of content and features helps families connect Body, Mind, Heart, and Art.

CD's:

★ *Budding Yogis: Mindfulness Songs & Meditations*

★ *Come Play Yoga!* By Karma Kids Yoga

★ *Cozy* by Shakta Kaur Khalsa/Radiant Child Yoga

★ *Happy* by Shakta Kaur Khalsa/Radiant Child Yoga

★ *Kidding Around Yoga: Music for Little Yogis*

★ *LittleTREE Yoga DVD/CD* by GreenTREE Yoga

★ *LittleTREE Yoga Breaks* by GreenTREE Yoga

★ *Yoga for Kids and Classroom* by GreenTREE Yoga

★ *Musical Yoga Adventures & Musical Yoga Adventures: World Journey*
Free yoga sequence routines for each song are available for download at: http://www.musicalyogaadventures.com/?p=routines_for_cd

★ *Stress Free Kids – Guided Relaxation CD series* (Indigo Dreams, Indigo Ocean Dreams, Indigo Dreams Garden of Wellness, Indigo Teen Dreams)

★ *YogaBuddies™ Good Morning, Good Night CD Set*

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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

Upcoming Training:

Rainbow Kids Yoga – Yoga for Kids & Families Teacher Training January 27 – 29, 2012 at Namaste Yoga in SW Oklahoma City.

Registration Info:
http://rainbowkidsyoga.net/trainings/oklahoma/oklahoma_training.html

Flier: <http://omazingkidsyoga.files.wordpress.com/2011/09/rainbow-kids-yoga-training-flier-okc-jan2012.pdf>

More info: <http://omazingkidsyoga.files.wordpress.com/2011/10/rainbow-kids-yoga-teacher-training-okc-2012.jpg>

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Questions?

Presenter Info:
Angela Moorad, M.S., CCC-SLP, IAYT, RCYP-2
Speech-Language Pathologist & Founder of OMazing Kids Yoga, LLC
amoorad@jdmc.org - work / amoorad1@juno.com - home
(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, LLC – inclusive yoga for kids & teens of all abilities

- Blog: <http://omazingkidsyoga.wordpress.com/>
- Facebook: <http://www.facebook.com/OMazingKidsYoga>
- YouTube: <http://www.youtube.com/user/amoorad1>

Want to find other folks doing yoga for kids & teens in Oklahoma?

Here's a link to a resource list: <http://omazingkidsyoga.files.wordpress.com/2011/11/yoga-for-kids-and-teens-in-oklahoma1.pdf>

OMazing Kids Yoga: Therapeutic Yoga for Kids and Teens with Autism – Presented by: Angela Moorad, MS, CCC-SLP, IAYT, RCYP-2 57
Oklahoma Statewide Autism Conference – November 19, 2011

Presented by: Angela Moorad, MS, CCC-SLP, IAYT, RCYP-2
Oklahoma Statewide Autism Conference – November 19, 2011
A PDF of this presentation with links to websites, research & resources is on my blog at: <http://tiny.cc/q5th8>

OMazing Kids Yoga: Therapeutic Yoga For Kids and Teens with Autism

Kids Yoga Doorprizes ★ Special thanks to the following companies for their generous donations:

ABC's of Yoga for Kids - <http://www.abcyogaforkids.com/>
 Adria™ - <http://adria.com/>
 Adventures of Super Stretch™ - <http://www.adventuresofsuperstretch.com/>
 Alma Yoga (Alma Largey) - <http://www.almayoga.com/>
 Asana Alphabet - <http://www.asanaalphabet.com/>
 BodyLogique Adaptive Movement Education® - <http://www.bodylogique.com/>
 Budding Yogis - <http://www.buddingyogis.com/>
 Color Me Yoga - <http://www.colormeyoga.com/>
 Elahi Yoga - <http://www.elahiyoga.com/>
 GreenTree Yoga® - <http://greentreeyoga.org/>
 Karma Kids Yoga - <http://www.karmakidsyoga.com/>
 Kidding Around Yoga - <http://kiddingaroundyoga.com/>
 Little Lotus Kids Yoga Cards - <http://www.littlelotuskidsyoga.com/>
 Mosabee™ Four Yoga Routine - Eco Friendly Yoga Mat - <http://www.mosabee.com/>
 Move With Me™ Action Adventures - <http://www.move-with-me.com/>
 Musical Yoga Adventures - <http://www.musicalyogadventures.com/>
 My First Yoga™ - <http://www.myfirstyoga.com/>
 Namaste Kid - <http://www.namastekid.com/>
 Next Generation Yoga® - <http://www.nextgenerationyoga.com/>
 Playful Planet™ - <http://www.playfulplanet.com/>
 Radiant Child® Yoga - <http://www.radiantchildyoga.com/>
 Shanti Generation - <http://www.shantigeneration.com/>
 S.T.O.P. and Relax® - <http://stopandrelax.net/>
 Storytime Yoga™ - <http://www.storytimeyoga.com/>
 Stress Free Kids® - <http://www.stressfreekids.com/>
 Super Duper® Publications - <http://www.superduperinc.com/>
 Yoga 4 Classrooms™ - <http://www.yoga4classrooms.com/>
 YogaBuddies™ - <http://www.yogabuddies.com/>
 Yoga Calm For Children - <http://www.yogacalm.org/>
 Yoga in My School - <http://yogainmyschool.com/>
 Yoga Therapy for Every Special Child - <http://yogatherapyforchildren.com/>
 Yoga Yings® - <http://www.yoga-yings.com/>
 Yogilife: Yoga for Youth® - <http://www.yogilife.com/>
 Young Yoga Masters - <http://www.youngyogamasters.com/>

THANK YOU!

Many of these companies also have blogs, Facebook pages & YouTube channels with great ideas & resources!

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Thanks for door prize donations! (150 items from 34 companies worth ~\$2,300)

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Thanks for coming!

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

Inclusive yoga for kids & teens of all abilities at the JD McCarty Center in Norman, Oklahoma

Benefits of yoga for kids & teens include:

- Strength, flexibility and balance
- Concentration, focus and attention
- Inner strength and body awareness
- Confidence and self-esteem
- Creativity and imagination

All activities are inclusive and can be adapted to include children with special needs.

For information contact:

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 www.youtube.com/user/angelamoorad1
 http://omazingkidsyoga.wordpress.com/ - blog

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