

## Introduction to Yoga with Young Children

Yoga is a form of exercise that focuses on strength, flexibility and breathing with the aim of improving physical and mental wellbeing. The aim of this course is to introduce a yoga programme that is suitable for all young children and can be delivered by practitioners in an early years setting. Studies have shown that young children practicing regular yoga experience a decrease in stress, have fewer behaviour issues, better overall learning and development outcomes, and increased strength and flexibility in the body.



### Course details

- One module with a multiple-choice questionnaire
- One CPD credit\*
- Optional narration of the course module and questionnaire for accessibility
- Personalised downloadable certificate
- 70% pass mark
- Printable module for future reference

\*1 CPD credit equals up to 1 hour of learning

### Course content

#### The course covers:

- why children's yoga is important and how it can improve a child's overall mental and physical strength
- designing an engaging programme to support children's mental and emotional wellbeing
- explanations on the benefits of introducing yoga in an early years setting and the benefits it can have on the practitioners themselves
- small exercises you as a practitioner can use to create a programme tailored to the different needs of the children
- the importance of having fun and praising children's efforts at each stage of the sessions
- the positive impact meditation sessions can have on a child's personal development and how it can help them to stay balanced and focused throughout the day
- case studies with example situations explaining the benefits of integrating a yoga programme into a child's daily routine
- a summary of key points in the course including how you can use the simple and effective tools outlined in the course for everyday life, to improve mental and emotional health.

### This course is suitable for

Members of the Early Years Alliance and early years practitioners.

# Key features

- Visually engaging and interactive.
- Answer explanations for those who achieve the pass mark.
- Additional resources to expand learning.
- Optional narration of the module and questionnaire.
- Written by experts at Mini Me Yoga and the Early Years Alliance.



### The importance of having fun

**FUN = Success**  
As adults we often think that fun is something that only happens when the 'important' work has been done. However, several studies of positive thinking methods conclude that if we are happy, then we are more likely to be successful - it's as simple as that.

### Step 2

Use the left and right arrows to navigate the page forwards or backwards.

Don't forget to praise the children's efforts, ask them how it felt, and explain that they have just created their very own Vinyasa Flow (a series of poses in Yoga).

Congratulations, yogis! Yes, that is just what yoga teachers do. They put one pose after another and perform them in sequence. So, you have just created your very own yoga class.

### Step 3

Use the left and right arrows to navigate the page forwards or backwards.

Ask the children to select one colour at a time and to place the colour back into the middle of your circle when finished so that everyone can share the colours. The practitioner can lead the activity by colouring their own mandala as the children do theirs. Everyone colours in silence.

This activity could last for 20 seconds or 5 minutes. The children will do as much as they want and they will start to lengthen the time when they are ready.

### Case studies

Use the left and right arrows to navigate the page forwards or backwards.

Jake did this every day with his key person and the same activities were shown to his parents to practice at home. In a very short time, Jake worried less but also became more confident. He was more willing to try new tasks without too much worry. His parents also reported less worry and anxiety at home.

Case study 2

## Why choose us?



“ The training you provide is fantastic, we use the training for staff meetings and for updating our committee. Absolutely brilliant, we use the training all the time. We wouldn't be without it. ”

Rebecca Cox  
Manager, Cholsey Pre-School

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