

Doing Yoga with your kids

1. **Get excited!** The more into it you are the more into it they will be
*If this is your first time, read the introduction to the kids that is provided to you in the instructions of the yoga deck.
2. **Set expectations.** Everyone do what's comfortable, but everyone must at least try. Everyone must stay in their own space. Have everyone spread out so they are not touching.
3. **Tell them why** they are doing it-it can help you calm down when you are angry or sad. It can help you stretch for sports, it can help you get focused for an activity, or test.
4. **Model the pose** the best you can. Only do what you are comfortable with, or have another kids model the pose as you walk around and try to help kids.
5. **Lower your voice and slow your rate of speech** as you move throughout the activity. This will help create a more relaxing atmosphere.
6. Have them **focus on breathing during the pose.** Everyone breathe in 1...2...3... and out 1....2....3...
7. **Provide lots of positive praise!**
8. **Reflect.** What was hard or easy about this? What did you notice different in your body while doing the pose? After? What would you like to do next time?
9. **Practice practice practice!** Once you establish a routine (2-3 weeks) the kids will start to be able to do it on their own and lead it!
10. I know it may be uncomfortable at first, but **the more you do it, the easier it will be!**