

## Yoga with Children!

If you enjoy yoga, your children probably do, too! Just remember, they won't stay quiet and breathe; expect laughter at the names of animal poses and even make up songs as you go.

For added literacy practice, make flashcards with the names of the poses and a picture. Classroom favorites are usually airplane (flying warrior), lion and table top. It's incredible to hear a 5-year-old say, "Yoga calms me down!"



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**Why yoga is good for your children:** Introducing yoga to your children helps establish healthy habits at an early age. Yoga can enhance your child's strength, coordination and flexibility, while encouraging body awareness and self-esteem. It can reduce your child's anxiety and stress and promote a sense of calmness.