



FUN FRIDAY

YOGA TIME



**INTEGRATE SHORT YOGA AND
STRETCHING ACTIVITIES INTO THE
CLASSROOM TO PROMOTE MOTOR
SKILLS AND BODY AWARENESS!**

BENEFITS IN THE CLASSROOM



**INCREASES STRENGTH
AND FLEXIBILITY**

**IMPROVES FINE AND GROSS
MOTOR SKILLS, AS WELL AS
COORDINATION**

**PROMOTES INTERACTIONS
BETWEEN EACH OTHER**

**DEVELOPS SELF-CONFIDENCE,
SELF-EXPRESSION, AND BODY
AWARENESS**

**HELPS TO RELAX,
UNWIND, AND STAY
CALM TO REDUCE
STRESS AND ANXIETY**

IMPROVES SLEEP

**PROMOTES A HEALTHY,
ACTIVE LIFESTYLE**





GET STARTED

YOGA POSES

**PROVIDE CHILDREN
WITH A VISUAL GUIDE
ON DIFFERENT YOGA
POSES**

**MINDFUL
MOMENTS**

**INTRODUCE "SITTING
QUIETLY" MEDITATION
PRACTICES TO HELP
CHILDREN REFOCUS
AFTER ACTIVITIES**

**BREATHING
TECHNIQUES**

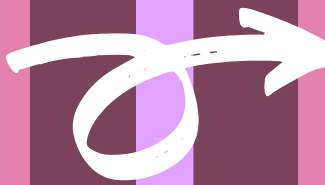
**TEACH BREATHING
TECHNIQUES TO
ENCOURAGE REFLECTION
AND CALM**



MAKE IT ENGAGING

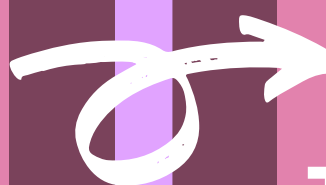


INCORPORATE BOOKS



READ A STORY AND HAVE CHILDREN DO POSES RELATED TO THE STORY (E.G., TREE POSES WHEN THERE IS A TREE IN THE STORY)

BE CREATIVE



HAVE CHILDREN MAKE OR NAME THEIR OWN POSES



RESOURCES FOR THE CLASSROOM



INTEGRATE YOGA
INTO THE
CLASSROOM

EASY YOGA
POSES FOR
KIDS

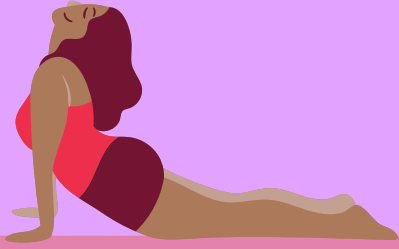
BREATHING
EXERCISES

YOGA CARDS

YOGA BOOKS

WEEKLY TIPS

YOUR EXPERIENCES



**WHAT KIND OF
YOGA POSES DID
YOU SHOW YOUR
CHILDREN?**

**HOW DID YOU
ADAPT THE YOGA
ACTIVITIES TO
INDIVIDUAL
CHILDREN?**

**SHARE YOUR
EXPERIENCES AND
OTHER RESOURCES!
#BARTONLABSHARES**

