

ACTIVITY

Yoga with Kids



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It's hard to imagine a better way to help children cope with stress, settle their minds, and find their inner peace than to guide them through a yoga experience. Check out Adriene's [Yoga with Kids](#) video. Younger children can engage in a few of the exercises and older children should have no problem completing the full 32-minute program. Parents will enjoy joining in to do it with their children, too.

The nice thing about yoga is that it doesn't require a lot of extra "stuff." Just find a quiet space, clear your mind, and grab a towel or mat. Adriene will guide you through the rest.

Need more yoga ideas? Be sure to check out [Adriene's web site](#) and her [YouTube channel](#) which already has more than 6 million followers.

More Helpful Hints from Beth - A Trained Yoga Instructor: Yoga should never hurt. Although you can get a workout and you can engage in challenging poses, you should make sure that you and your child are doing yoga safely. The most important thing to remember is to **breathe!** Most teachers recommend that you do yoga without socks or shoes on because bare feet and hands help maintain stability. Also, remember that even a little yoga can do **A LOT** of good for you and your child. Don't forget to have fun!

Grade Level: PreK - 12

Age Level: Ages 3-18

Tags:

Independent Activity

Parent Led Activity

Social-Emotional Learning

Health & Wellness

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Credit:



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