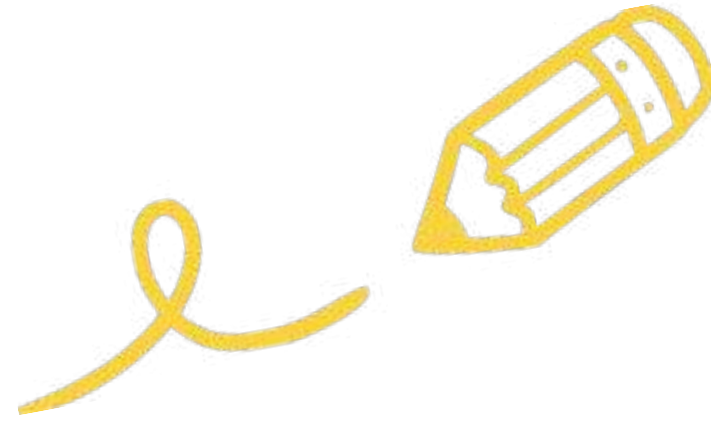




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Classroom Yoga

2026





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Exploring simple yoga techniques and how they can be implemented into your class routines for the benefits of you and your students



Session overview

- What is Yoga?
- Why yoga for kids?
- Warm up!
- What are we teaching?
 - Breath
 - Focus
 - Move
 - Relaxation
 - Connection





What is Yoga?



- Developed in India nearly 5,000 years ago.
- Ancient science of the mind, body and spirit.
- Bringing harmony between mind and body
- NOT associated with religion

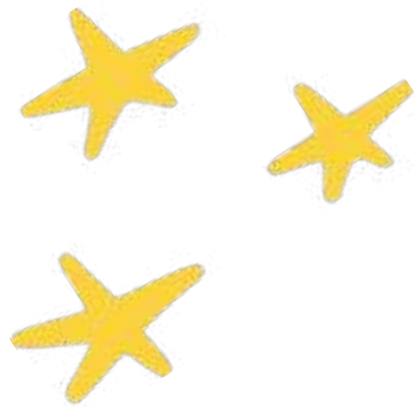




Why Yoga in the classroom?

- Good way for kids to get physical activity
- Good for balance and flexibility
- Increases focus and concentration
- Strengthens fine and gross motor coordination
- Gain body awareness
- Promotes social skills
- Noncompetitive physical activity





Opening and closing rituals



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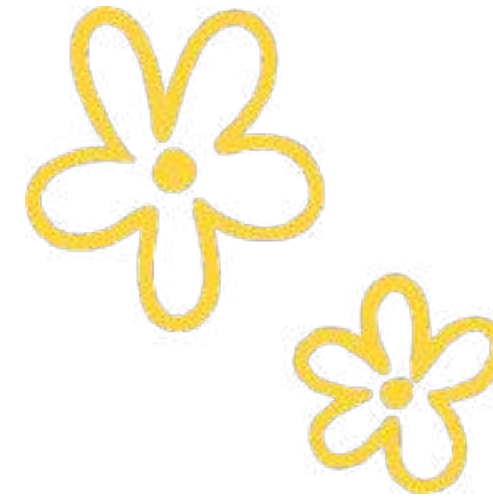
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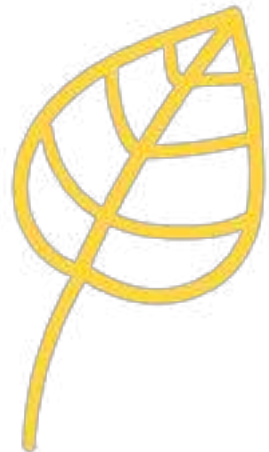
Let's stand up!



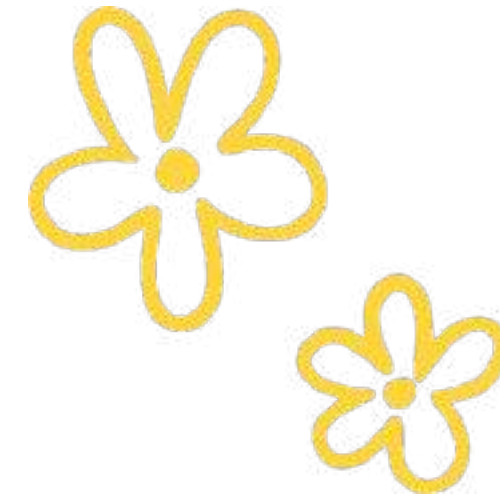
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Breath of Joy



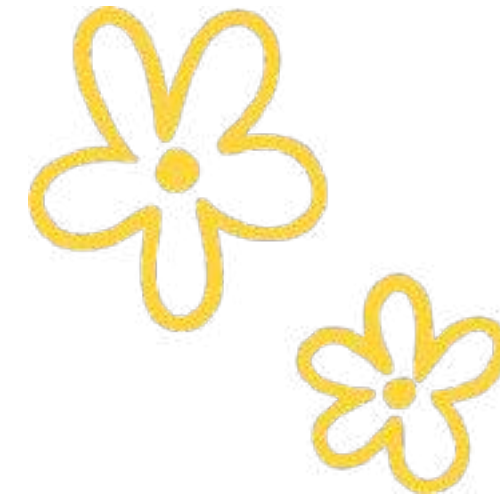
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Crazy Eights



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Walk - Stop



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- Walk - Stop
- Wiggle - Clap
- Jump - Squat



What are we teaching?

Breathe



Focus



Move



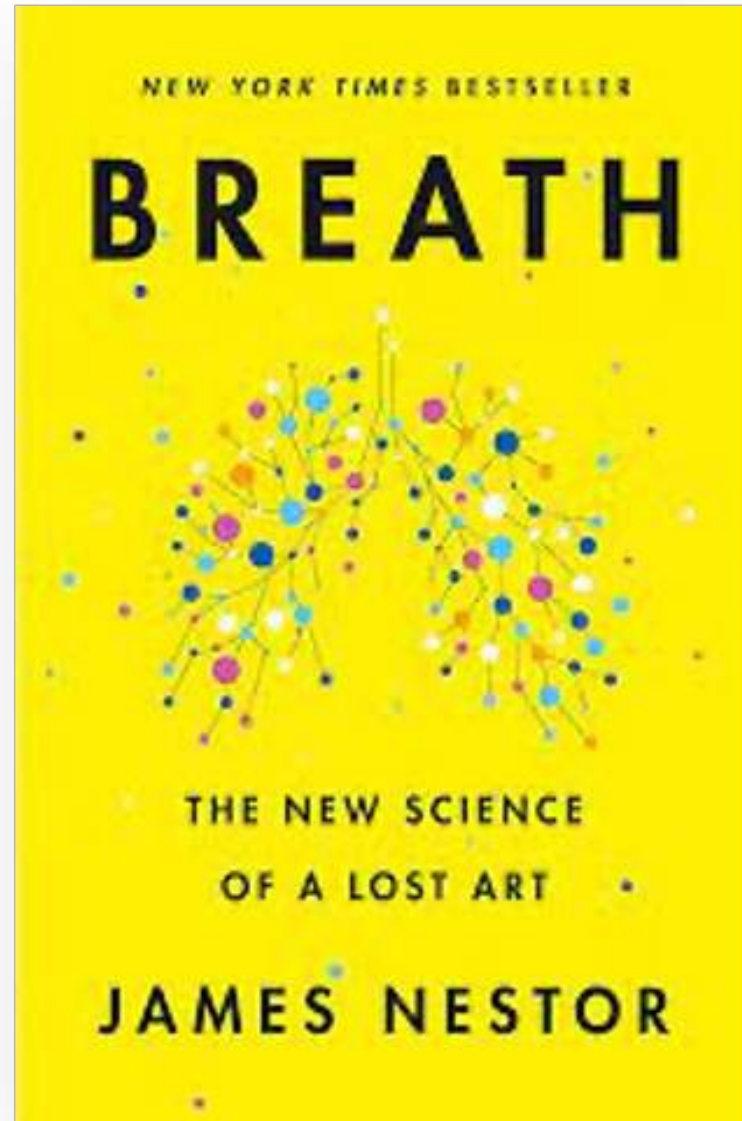
Relaxation



Connection



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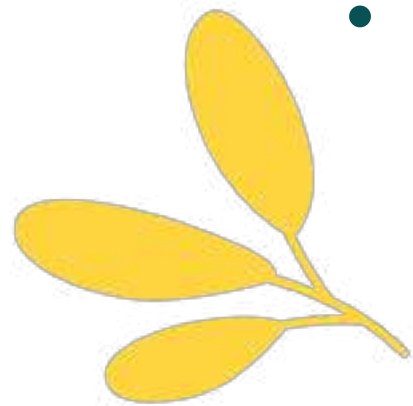
Breathe

- Why focus on breathing exercise when we've known how to breathe since birth?
- Always breathe in through your nose—
- —and out through your nose or mouth



The diaphragm

- The diaphragm is a muscle that sits beneath the lungs in the shape of an umbrella.
- When we inhale the lungs push the diaphragm down to expand the lungs during inhalation.
- When we exhale the diaphragm lifts up which shrinks the lungs.
- A typical adult uses just around 10% of the range of the diaphragm when breathing!



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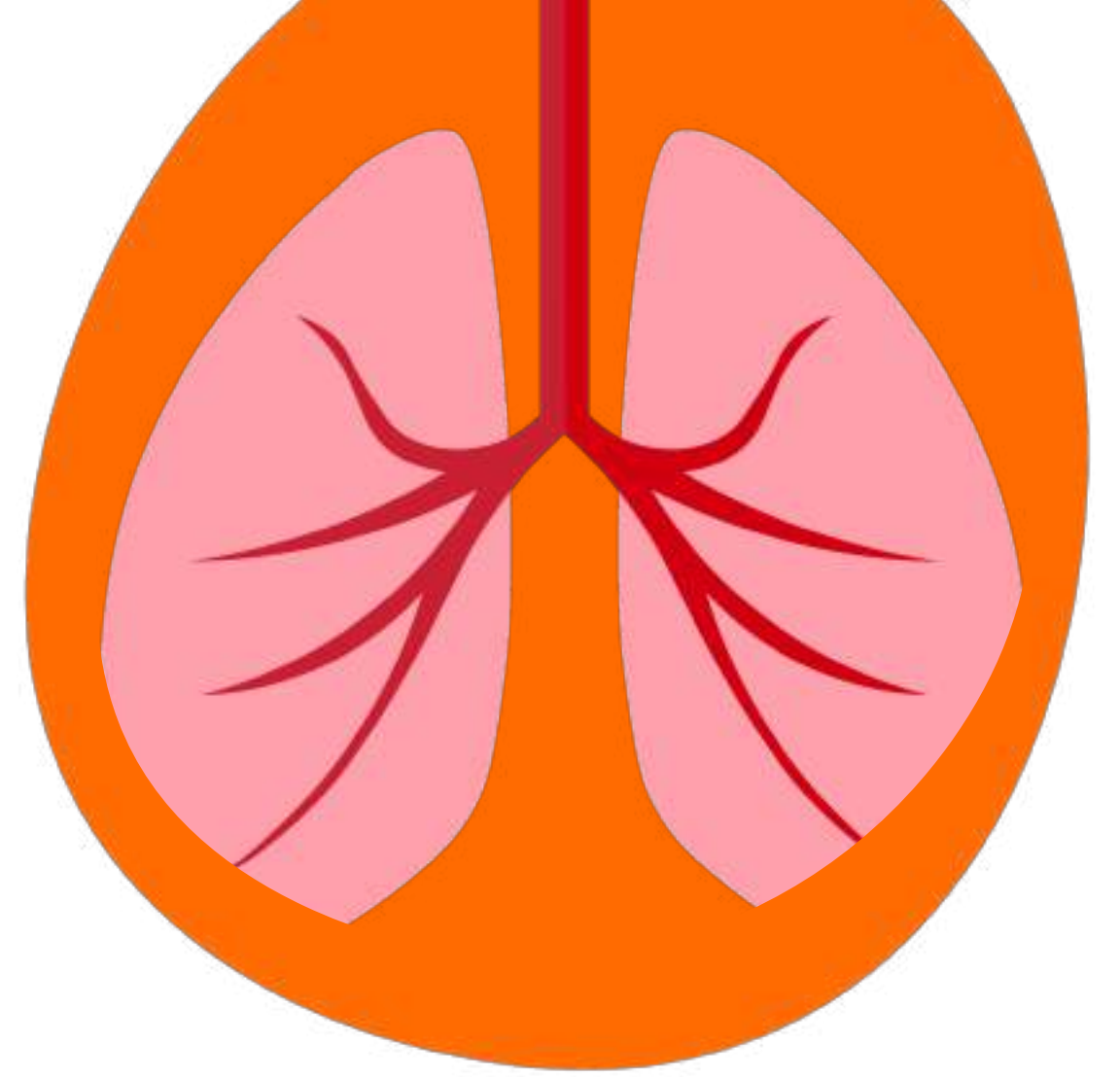
Breathing

- Breathing can affect your energy level
- You can do breathing exercises anywhere and any time
- Breathing exercises can help with anxiety, fear and anger
- Before meditation or relaxation





"Close your mouth!"



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5.5 second
breathing





Flower and Candle Breathing



Square breathing



SQUARE BREATHING

inhale 2... 3... 4

breathes



exhale 2... 3... 4

rest 2... 3... 4

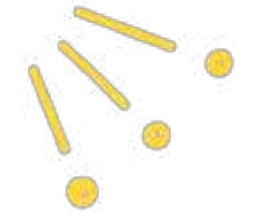
hold 2... 3... 4

ZENCARE
FOR YOUR WELL-BEING

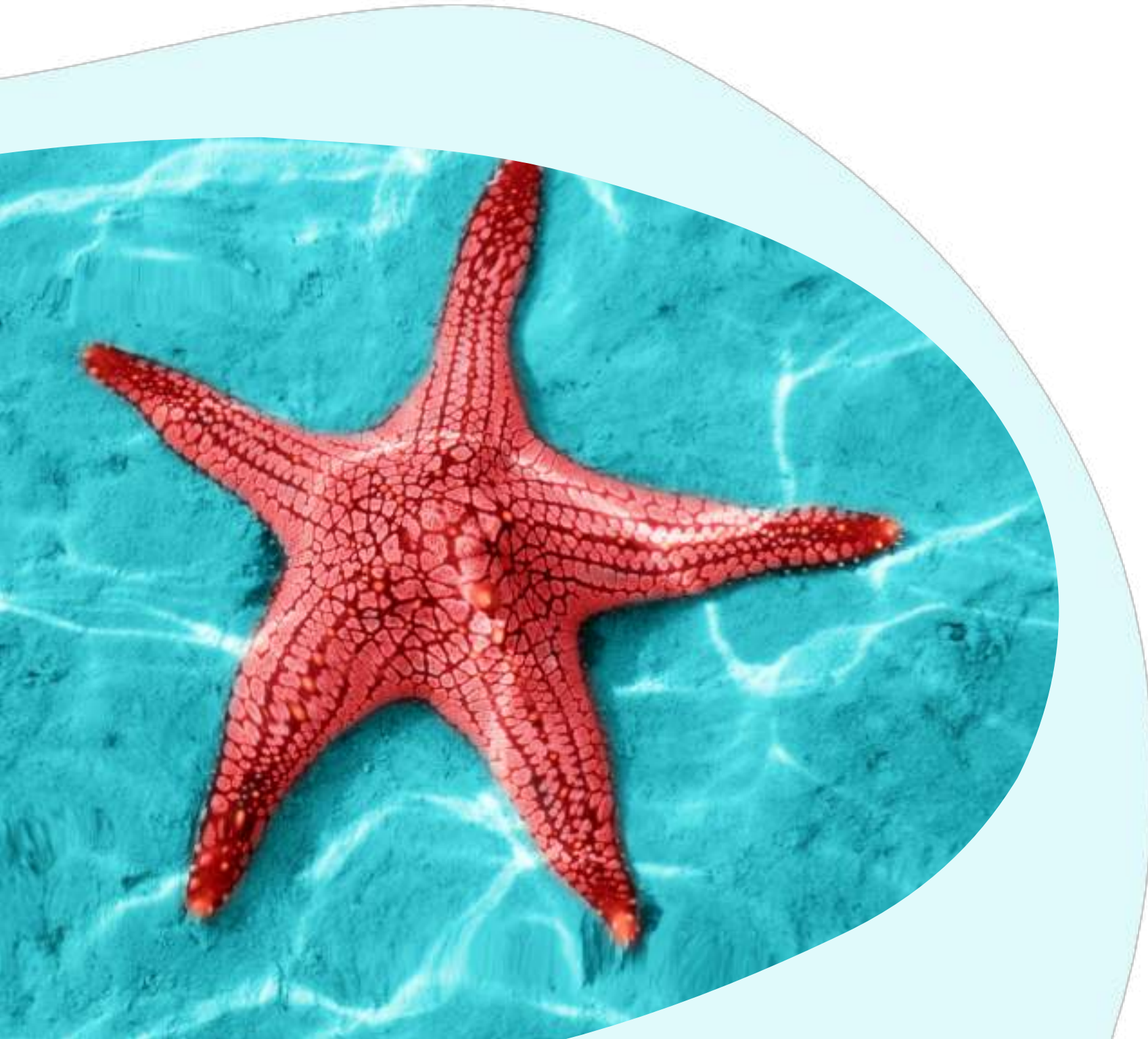
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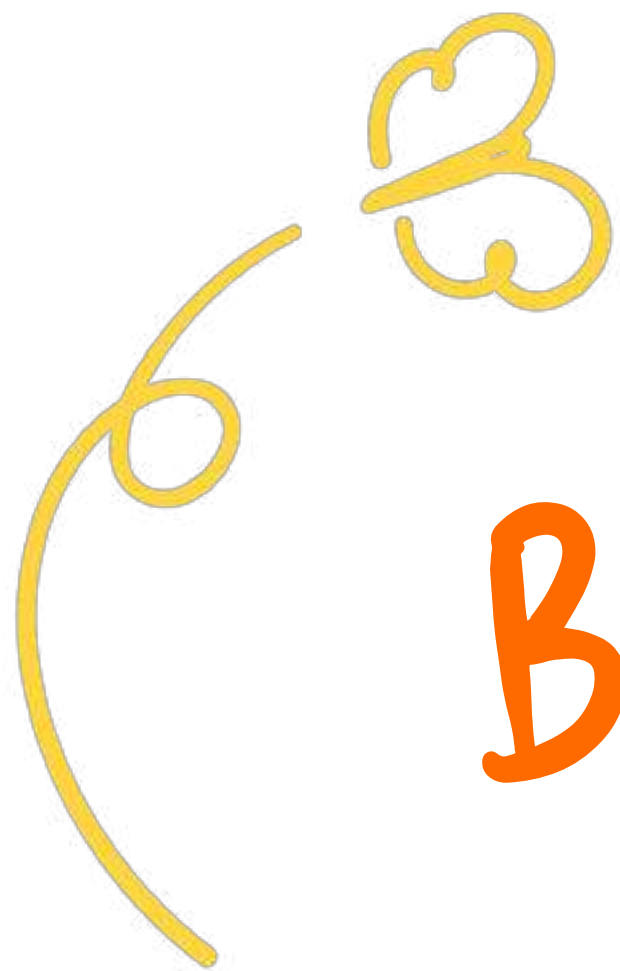


Starfish breathing

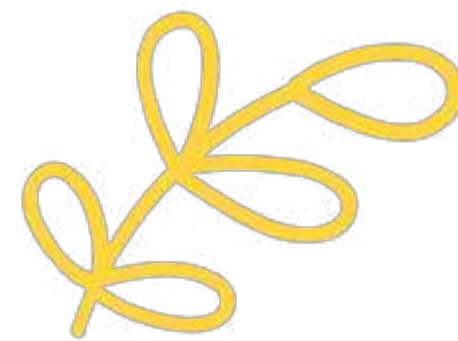


- Trace you fingers
- Guide your breathing
- Follow your breathing.



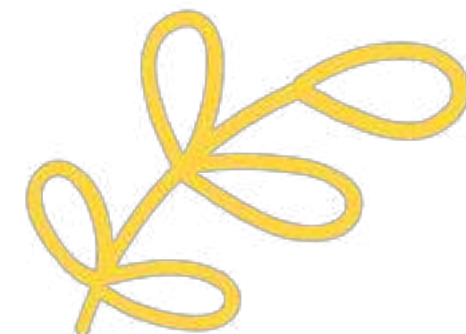


Balloon Breath





Alternate Nostril Breathing





Focus



- It's natural for our minds to wander, and it's important for kids to know that
- Improving the ability to focus can make a tremendous difference for kids in school, in sports, and interpersonal relationships
- You can train your mind like a muscle to focus
- Practicing focus means that you notice when your mind is distracted, catch it, and bring it back to whatever you are trying to focus on.





Glitter jar





Brain gym

- The dancing brain gym



using a mantra to stay
mindful



Finger tapping



- I am so strong
- Peace begins with me
- I am a kind person



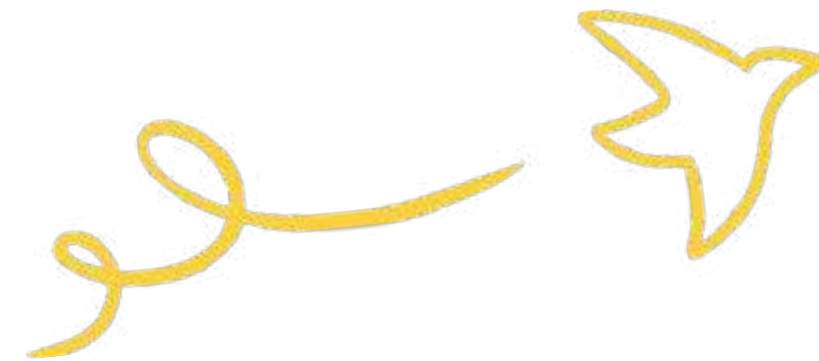
Mindful circle

- Participants stand in a circle.
- Each one gets a card with instructions about a calming action to do for about 30 sec.
- When the teacher rings the bell, the card is passed on to next participant and everyone get a new card and action to do!





Move



- Kids are naturally active
- Movement has a positive impact on anxiety, stress, and mental health
- Yoga practices focus on grounding, strength, flexibility, and balance





Sun Salutation

- Half Sun Salutation





Chair Yoga

- Yoga seat
- Seated twist
- Child pose/Forward Fold
- Cat and cow
- Seated Pigeon
- Mountain Pose
- Chair pose
- Frog
- Boat pose
- Tree pose
- Dancer pose
- Warrior One, Two and Three
- Eagle pose



Relaxation

- To get the most out of relaxation, start with a breathing exercise
- 5 min
- Relaxation Pose





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Tense and Let Go



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Connection

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Gratitude practice



Daily reflection

- Write down three things you remember from today – something that you want to take with you!



Your students aren't giving you a hard
time, they are **HAVING** a hard time



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Thank you!



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