

Yoga Handout

By

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Disclaimer: Parents and clinicians must use/adapt the activities listed below based on their judgment and needs of their children/clients.

Cosmic Kids Yoga

<https://www.youtube.com/user/CosmicKidsYoga>

Yoga for Adolescents

<https://www.doyogawithme.com/yoga-poses>

Materials:

Mats, Water, Towels

Session Format:

- Each session will last for around 30-35 minutes.
- Try to complete all 3 activities listed below in the table in each session. Order can be changed but try to always end with relaxation and mindfulness.
- For each activity, pick one link to play and you and your child can follow along. For the partner poses, pick 2 poses per session to practice.
- If your child prefers certain videos, then you can repeat them. But encourage the child to try out different activities and poses.
- Several easy and hard modifications have been suggested. Pick and choose based on your child's needs.
- Ask your child to **copy the model** in the video. Tell him/her that both of you will be following the model to do yoga together.
- Encourage your child intermittently to do activities with you. For instance, you can say, "Look we are doing yoga together!", "Look how high my tree is, make your tree very high too".

Session Condition	Description	Time
Theme poses/ Individual poses	<ul style="list-style-type: none">• Theme activity involves poses to a theme like Safari or Space theme, etc.• If this is too hard, choose the links for individual poses where poses are shown without additional theme distractions (Note some video are long, but just practice poses for around 15-20 minutes and then pause the video)• For an extra challenge: Choose the energy yoga or super yoga videos	15-20 minutes
Partner poses	<ul style="list-style-type: none">• Pick 2 poses per session and repeat each pose twice• Use the pictures to guide the child to achieve the pose	5 minutes
Relaxation and mindfulness	<ul style="list-style-type: none">• Encourage child to breathe deeply and follow the model's instructions• This activity is to help your child calm down and relax	5-10 minutes

Activity 1: Theme poses/individual poses

Theme Poses – Involve More Pretend

1. Jungle Safari (more childish video, medium as a whole, 6+)
<https://www.youtube.com/watch?v=C4CaR0syf1g>
2. Pirate Adventure (childish video, mostly medium poses with a few difficult ones involving stretching, 6+)
<https://www.youtube.com/watch?v=GDwyVonx35Q>
3. On the farm (childish video, mostly medium poses with a few difficult ones dealing with balance and stretches, 6+)
<https://www.youtube.com/watch?v=YKmRB2Z3g2s>
4. Space picnic (childish video, mostly medium poses with a few difficult ones involving balance and stretching, 6+)
<https://www.youtube.com/watch?v=d85dw-AcAaU>
5. Wizard of Oz theme (childish video, difficult, 6+)
https://www.youtube.com/watch?v=j_3weVPH0-U
6. Stella the stick insect adventure (childish video, difficult, 6+)
<https://www.youtube.com/watch?v=wBdMZMEKq-s>
7. Dodgson the dod (childish video, difficult, 6+)
https://www.youtube.com/watch?v=igE-o_Pd6DU
8. Pedro the penguin (childish video, mix of medium and difficult poses, 6+)
<https://www.youtube.com/watch?v=Rzw-Oir8UPw>
9. Calypso the flamingo (childish video, difficult due to balance, 6+)
<https://www.youtube.com/watch?v=96R059yOPVI>
10. Hungry caterpillar (childish video, medium with a few difficult poses, 6+)
<https://www.youtube.com/watch?v=xhWDiQRrC1Y>
11. Norris the baby seahorse (childish video, medium, 6+)
<https://www.youtube.com/watch?v=iFuobePKER8>
12. Mini the mermaid (childish video, mostly medium with some difficult poses, 6+)
<https://www.youtube.com/watch?v=U1UcBGIlf50>
13. Twilight the unicorn of dreams (childish video, easy, 6+)
<https://www.youtube.com/watch?v=RLOOjGAM1s>
14. Ruby broom (childish video, difficult, 6+)
<https://www.youtube.com/watch?v=ArOzn2dtDdA>
15. Tiny the T-rex (childish video, difficult, 6+)
<https://www.youtube.com/watch?v=rnlDBKD2S78>
16. Hoppit the hare (childish video, difficult, 6+)
<https://www.youtube.com/watch?v=BN7M-uQSOYE>
17. We are going on a bear hunt (childish video, medium, 6+)
<https://www.youtube.com/watch?v=KAT5NiWHFIU>
18. Kickapoo the kangaroo (childish video, difficult, 6+)
<https://www.youtube.com/watch?v=VmmbWcOtblU>
19. Squish the fish (childish videos, medium, 6+)
<https://www.youtube.com/watch?v=LhYtcadR9nw>
20. Star wars (probably could be used for 9+ because of the story, difficult, 6+)
<https://www.youtube.com/watch?v=coC0eUSm-pc>
21. Colonel Crockles the crocodile (childish video, medium, 6+)
<https://www.youtube.com/watch?v=obzFP6eEGAg>
22. Popcorn and the pirates (childish video, medium, 6+)
https://www.youtube.com/watch?v=T_0P5grVoyg

Individual Poses – Simpler activities

1. <https://www.youtube.com/watch?v=IJ0FuSxIomI> (childish, difficult, 6+)
2. <https://www.youtube.com/watch?v=mIj6qrCsgGE> (9+, medium)
3. <https://www.youtube.com/watch?v=AVQUX6Ussmg> (childish, difficult although some sections are medium, 6+)
4. <https://www.youtube.com/watch?v=SENNjR04u5Q> (childish, easy, 6+)

Faster/Challenging Poses

Individual Poses – Simpler activities

5. <https://www.youtube.com/watch?v=SENNjR04u5Q> (childish, easy, 6+)
6. <https://www.youtube.com/watch?v=mpjdYqAniPo> (childish, medium with a few difficult poses, 6+)
7. <https://www.youtube.com/watch?v=m-uOQwSU9UI> (childish, easy, 6+)
8. https://www.youtube.com/watch?v=iHoErQuFw_4 (possible for 9+, difficult 6+)
9. <https://www.youtube.com/watch?v=xROFN9Jh4Wg> (childish, medium, 6+)

Faster/Challenging Poses:

1. Energy yoga (beginning could be used for 9+ but the rest is too childish, difficult 6+)
<https://www.youtube.com/watch?v=si3-hN-98yY>
2. Energy pose 2 (childish, difficult, 6+)
<https://www.youtube.com/watch?v=iqao33tX6-M>
3. Super yoga compilation (difficult 6+, but could probably be used for 9+ since its set up like a game)
https://www.youtube.com/watch?v=hyD_TkhXZSc
4. Yoga compilation (difficult, 6+, super yoga in beginning could be used for 9+ but not the brain break after)
<https://www.youtube.com/watch?v=sOD82D-Z1Fk>

Activity 2: Partner Poses

Easy pose (see next page):



Seated cat-cow pose:



Seated side bend pose:



Seated twist pose:



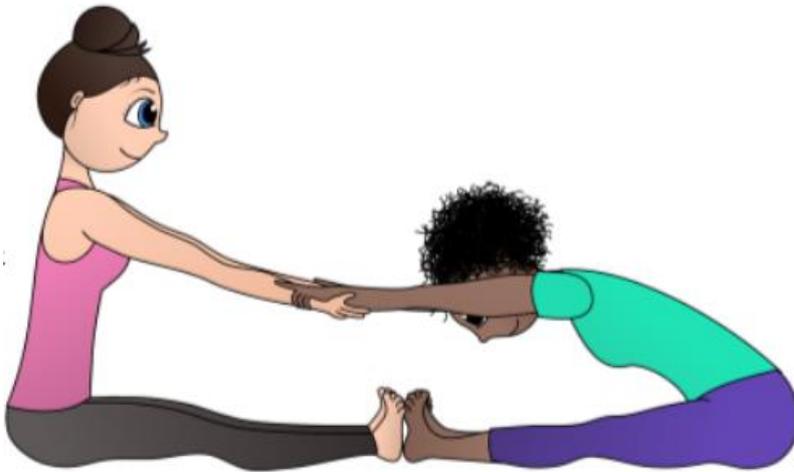
Seated forward bend pull pose:



Seated wide angle side bend pose:



Seated forward bend with pull pose:



Boat Pose:



Warrior 3 pose:



Tree pose:



Triangle pose:



Chair pose (Back to back):



Wide angle forward bend pose:



Locust pose:



Full locust pose:



Child's pose & Down dog pose:



Activity 3: Breathing and Guided Relaxation Exercises

1. Peace out guided relaxation for kids: Balloon (easy, 6+ and 9+, requires a lot of thinking/imagination and some self analysis)
<https://www.youtube.com/watch?v=ZBnPlqQFPKs>
2. Peace out guided relaxation: Time out (easy, 6+ and 9+, requires higher thinking than 3+)
https://www.youtube.com/watch?v=9_vEZTrmtyA
3. Peace out guided relaxation: Wiggle flop (easy, 6+, may be too childish for 9+, requires higher thinking than 3+)
https://www.youtube.com/watch?v=zPZmD3x4_Nc
4. Peace out guided relaxation: Star fish (easy, 6+ and 9+, requires higher thinking than 3+)
<https://www.youtube.com/watch?v=a1dgkivX9-A>
5. Peace out guided relaxation: Moon and stars (easy, 6+ and 9+, requires higher thinking than 3+)
<https://www.youtube.com/watch?v=QQCnWvwrO8U>
6. Peace out guided relaxation: Butterfly (easy, 6+ and 9+, requires higher thinking than 3+)
<https://www.youtube.com/watch?v=Uy5YgQe1o3Q>
7. Peace out guided relaxation: Flopometer (easy, 6+, too childish for 9+ and too much for 3+)
<https://www.youtube.com/watch?v=1unEgeYwe0Q>
8. Peace out guided relaxation: Magic treehouse (same video as above)
<https://www.youtube.com/watch?v=1unEgeYwe0Q>
9. Peace out guided relaxation: Cosmic counting (medium, 6+ or 9+, too much for 3+)
<https://www.youtube.com/watch?v=4UyPe7S0cSg>
10. Peace out guided relaxation: Tickle pixie (medium 6+, easy/maybe too childish for 9+, too much for 3+)
<https://www.youtube.com/watch?v=06wtmoB1trY>
11. Peace out guided relaxation: Superhero flying (easy 6+, easy 9+, too much for 3+)
<https://www.youtube.com/watch?v=pVKIZNCL5Ms>
12. Peace out guided relaxation: Rainbow waterfall (medium 6+, easy 9+, too much for 3+)
<https://www.youtube.com/watch?v=hh58j2Yw6dg>
13. Peace out guided relaxation: Climbing up (medium 6+, easy 9+, too much for 3+)
<https://www.youtube.com/watch?v=bXmq5idN23E>
14. Peace out guided relaxation: Cloud story (medium 6+, possibly too childish for 9+, too much for 3+)
<https://www.youtube.com/watch?v=3xuuquiIG-o>
15. Peace out guided relaxation: Bye bye boat (easy 6+ and 9+, too much for 3+)
<https://www.youtube.com/watch?v=Dvb-4RpIYBQ>
16. Peace out guided relaxation: Snowman (medium 6+, easy 9+, too much for 3+)
<https://www.youtube.com/watch?v=k71xY0hgZJU>