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What is Body Awareness

Discovering Your Body: The Key to Yoga for Kids!

DEFINITION

Body awareness is understanding how your body moves and feels. It helps kids connect with their physical selves during activities like yoga.

KEY CONCEPTS

Movement Awareness

Recognizing how different parts of your body move together during activities.

Balance and Coordination

Understanding how to control your body to stay steady and move smoothly.

Breath Connection

Learning how your breath affects your body and helps you relax and focus.

Posture Recognition

Being aware of how you hold your body, which can improve health and confidence.

Sensory Awareness

Noticing how your body feels in different positions and during various activities.

EXAMPLES

- Stretching arms and legs while breathing deeply.
- Balancing on one foot and feeling the ground.
- Noticing how your body feels after a yoga pose.

MEMORY TIPS

- ★ Think of 'Breathe, Move, Feel' to remember the key aspects.
- ★ Use the acronym 'B.M.P.' for Balance, Movement, Posture.
- ★ Visualize a tree to remember balance and grounding.

COMMON MISTAKES

- ✗ Ignoring how the body feels during poses.
- ✗ Rushing through movements without awareness.
- ✗ Not focusing on breath while practicing.

QUICK RECAP

Body awareness is essential for kids in yoga, helping them connect with their movements. It involves understanding balance, posture, and breath. Remembering to feel and breathe can enhance the yoga experience.