ONE PAGE SUMMARY

Kids Learning › Yoga for Kids › Mindful Movement

What is Mindful Movement

Mindful Movement: Fun and Focused Yoga for Kids!

DEFINITION

> Mindful movement is the practice of moving your body with awareness and intention. It helps kids connect with their feelings and stay present in the moment.

KEY CONCEPTS

Awareness

Being aware of your body and breath while moving helps improve focus.

Breath Control

Using deep, calm breaths during movement can help manage emotions and stress.

Body Awareness

Understanding how your body feels during different poses promotes physical and emotional health.

Mindfulness

Staying present in the moment reduces distractions and enhances relaxation.

Playfulness

Incorporating fun and creativity into movements makes yoga enjoyable for kids.

EXAMPLES

→ Stretching like a cat to wake up the body.

→ Balancing on one foot while breathing deeply.

→ Moving like a tree swaying in the wind.

MEMORY TIPS

★ Remember 'ABBM' - Awareness, Breath, Body, Mindfulness.

★ Visualize a calm ocean to connect with deep breathing.

★ Think of yoga poses as fun animal shapes.

COMMON MISTAKES

✗ Rushing through poses without focusing on breath.

✗ Not paying attention to body alignment.

✗ Getting distracted by others instead of staying present.

QUICK RECAP

Mindful movement combines awareness and breath to create a focused yoga experience. It helps kids connect with their bodies and emotions while having fun. Remember to stay present and enjoy the process!