

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 a way for kids to use their bodies and minds together. It helps them feel calm and aware while having fun.

KEY CONCEPTS

Breathing Techniques

Breathing deeply helps kids relax and focus their minds during movement.

Body Awareness

Being aware of how their body feels helps kids connect with their movements.

Mindfulness

Mindfulness is paying attention to the present moment without judgment.

Movement Flow

Flowing from one pose to another helps kids learn coordination and balance.

Playful Poses

Using fun animal poses makes yoga exciting and engaging for children.

EXAMPLES

- Pretend to be a tree while standing still.
- Breathe like a balloon, inflating and deflating slowly.
- Flow through poses like a wave in the ocean.

MEMORY TIPS

- ★ Remember 'Breathe, Move, Focus' as the three steps of mindful movement.
- ★ Visualize a calm lake to recall the feeling of mindfulness.
- ★ Use the acronym 'BAM' for Breathing, Awareness, Movement.

COMMON MISTAKES

- ✗ Rushing through poses instead of moving slowly.
- ✗ Not paying attention to breathing while moving.
- ✗ Getting distracted by others instead of focusing inward.

QUICK RECAP

Mindful movement combines fun yoga poses with breathing and awareness. It helps kids feel calm and focused while enjoying their bodies. Remember to breathe deeply and stay present!