

Casey's creative connections

Classes, workshops, camps, residencies and professional development.

Art, Dance, Drama, Movement, Motor Skills and Yoga.

www.caseyscreativeconnections.com ; 713-780-0085; Casey@caseyscreativeconnections.com

Stretch your Students' Focus and Fun with Yoga in the Classroom

Presented by Casey Casteel, Founder and Director of Casey's Creative Connections, LLC

Who benefits from Yoga? EVERYONE.

Benefits of Yoga for students: Flexibility, Balance, Focus, Concentration, Gross Motor Development, Muscle Development, Self-esteem, Concentration, Spatial and body awareness, Compassion, Self-discipline

Myths and Truths about Yoga :

Myth: You have to be super flexible to do Yoga. Yoga is about elaborate poses and contorting.

Truth: Yoga can be done by anyone of at any level of fitness.

Myth: Yoga is only a part of Eastern religions.

Truth: Yoga can be a physical, emotional and/or spiritual experience and can be utilized for all religions.

Myth: Yoga is too slow and boring for kids.

Truth: Yoga can be presented in a kid friendly manner to appeal and benefit students of all ages.

Incorporating Yoga in your classroom :

Motor Skills class

Circle time

Before nap

Outside

Yoga center

Rainy days

How to create a child friendly Yoga practice:

Use familiar words with young children.

Utilize nature and animal poses and other things that are relevant to young children.

Keep it playful, fun and friendly.

Allow for different developmental levels.

Use games to practice poses.

Incorporate Creative Movement and Dance along with Yoga.

Allow children to participate by asking about their poses.

Resources for your classroom Yoga practice:

Books

For babies and Toddlers:

Itsy Bitsy Yoga; Helen Garabedion

Little Yoga; Rebecca Whitford; Martina Selmay

Yoga Baby; Deansin Goodson

For Preschool through School age:

Yoga Pretzel Cards; Tara Gruber; Leah Kalish

Yoga Activity Book; Katie Feldman; www.spiralinghearts.com

Yoga for Children; Mary Stewart and Kathy Phillips

**Story Time Yoga*; Sydney Solis

**Create a Yoga Practice for kids*; Yael Calhoun; Matthew Calhoun

* Better suited for children 5 and up or older 4s.

Yoga Adventures for Children; Helen Purperhart

Websites

www.angelbear yoga.com- Cds, Yoga curriculum, monthly Yoga ideas

www.spiralinghearts.com - Yoga games, Yoga products; teacher discount

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Music:

Nature sounds. Calming Music. General Yoga CDs

Namaste! Songs, Yoga and Meditations for young Yogis; Christopher Kavi Carbone

Dance for the Sun; Kira Willey

Yoga Child: A peaceful place inside; Bingo Kids

Come play Yoga; Karma Kids

Simple Yoga sequence

This sequence can be used as a whole or in parts based upon the amount of time you have for your practice. For best results, teach only a few new poses each day so that children do not become frustrated or overwhelmed.

Body scan(muscle tension and release).

Spaghetti test (Make sure all muscles are relaxed and the spaghetti is fully “ cooked”)

Body Stretch(“ fruit roll up pose” or “ be 10 feet tall”)

Lying Twist

Cobra

Crocodile

Child

Mouse

Cat/Cow/Puppy

Dog

Monkey

Gorilla

Elephant

Mountain (Ask children about their mountain)

Tree (Ask children what grow on their tree)

Butterfly (Sing the butterfly song and/or ask the students where their butterfly is flying)

Half butterfly- both sides

Lion

Breathing-

Bunny breath (to “wake up”)

Bear breathe (for relaxation)

Bee breath (for relaxation)

Yoga Play:

Yoga games: Mother’s trees, Yogi Says, Yoga dancing, “ foot “ ball

Yoga stories and sentences

Yoga songs (see resource list)

Visualization and Relaxation

Lead children through guided images and/or breathing.