

PE lesson F2 05/02/21

Yoga for children

Keeping your kids active and engaged is more important than ever, with disruptions to routines and lots of time at home. Turns out it's the perfect time to teach children about yoga!

Try this link to Frozen Yoga

<https://www.youtube.com/watch?v=xlg052EKM+k>

Benefits of Yoga

- *Helps arrest a child's wandering mind. Builds attention span and concentration power.*
- *Augments imagination and creativity.*
- *Relieves mental and physical fatigue. Boosts energy levels and provides deep relaxation too.*
- *Helps overcome negative emotions like jealousy, fear and anger.*
- *Fosters a positive self-image and increases confidence.*
- *Increases breathing and lung capacity.*
- *Exercises, strengthens and lengthens different muscles in the body.*



(Shoulder Stand pose)

- Nourishes the brain by increasing blood flow to it.
- Strengthens the arms and legs.
- Keeps the spine flexible, ensuring participation in a wide range of physical activities.



(Warrior Pose)

- Tones the arms and leg muscles.
- Helps improve balance in the body.
- Increases stamina.



(Tree Pose)

- Tones the arms and legs, Children are able to enjoy physical activities.
- Helps strengthen the back, thereby increasing height.
- Increases concentration power and focus, certainly a great help with homework.
- Enhances mind-body balance.



(Bow Pose)

- Strengthens the arm and leg muscles.
- Makes the back strong and flexible.
- Helps relieve stress and fatigue.

