

# How to Incorporate Yoga into the Home Environment

Yoga is an excellent strategy to manage stress, increase relaxation, and promote increased happiness. Additionally, your family may use yoga physically to increase strength, flexibility, coordination and body awareness.

1. **Following Along to a Yoga Video:** If you or your child has never attempted yoga before, follow along to a video online to help get you started. Let your child participate in choosing the video. For a more structured approach to including your child in the decision making process, try providing two different videos to choose from. Providing choices allows your child to feel a sense of control and ownership in the activity, which may lead to increased motivation and eagerness to participate.
2. **Using Yoga for Calming and Meditation:** When stress levels increase, you and your child may feel overwhelmed. Yoga meditation provides an opportunity for our minds to take a break and focus on what matters most. You can follow along to pre-made videos online or you can close your eyes and take some deep breaths. Encourage your child to do the same. Guided meditation provides a storyline or way to relate to the speaker. These videos are a great way to assist your family in preparing to go to sleep or to take a nap. Your child or family may also use this strategy as a way to calm during or following an emotional outburst.
3. **Using Yoga for a Brain Break:** Sometimes our bodies are moving too fast and we may have a difficult time finding a way to release that energy appropriately. When unable to go outside or to the park, brain break activities are an excellent alternative. Cosmic Kids Yoga is a wonderful resource to locate short and fast paced yoga exercises. You can look up Cosmic Kids Yoga Brain Breaks OR Cosmic Kids Super Yoga on Youtube.
4. **Create Your Own Yoga Adventure:** This is a fun activity to get the whole family involved. Take turns identifying an animal, a name, a job, home, friends, etc. From there, identify a problem to solve. This may be a simple problem or one that is relevant to your current family situation. Next, come up with possible solutions to the problem. Some that may fail and one that may succeed. Combine yoga poses to enhance the story. For example: Danny the dog (downward dog) and his friend Claire the cow (cow pose) could not reach the apples in the tree. After many attempts to climb up the tree (tree pose), Danny and Claire decided to ask Caitlyn the Cat (cat pose) to climb up the tree for them. Yay! They solved the problem as a team.—you can locate a list of various child friendly yoga poses for free on the Cosmic Kids Yoga website under the resources tab.



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