



# BOYLE FAMILY RESOURCE CENTRE

## Yoga and Meditation Information & Resources for Children



Studies show that Yoga and Meditation enhances our flexibility, co-ordination and body awareness which helps improve our concentration and gives a sense of calmness. Yoga and Meditation allows us to become aware of our thoughts and how our bodies feel. For children yoga and meditation has many different benefits. It allows them to become more self-aware and helps them develop and improve self-regulation skills. It also gives them the time to understand and manage their emotions. An example being if a child is at school and they become overwhelmed, they will find it difficult to concentrate or take in new information. Yoga/Meditation will help them develop the skills to reflect and recognize their feelings and in turn express themselves more appropriately.

- **Cosmic Kids** is a great YouTube channel that introduces children to yoga and guided relaxation videos in a fun way through stories and songs. Yoga has been proven to improve flexibility, posture, strength, reduce stress, aid sleep and allows one to become more mindful. >>>>

<https://www.youtube.com/user/CosmicKidsYoga>

- **New Horizon** is a YouTube channel that does guided meditation for children. Meditation allows the mind and body to become more self-aware. For children it helps them to respond to internal signals of stress and gives them the time to unwind. Meditation, like yoga, aids better sleep, reduces anxiety and stress levels, improves self-esteem and it can help them to concentrate better.

<https://www.youtube.com/channel/UCjW-3doUmNsyY5aLQHliNXg>

- Yoga Calm Down Poster and ways to use it:

<https://childhood101.com/yoga-for-kids/>

- Yoga poses from Kids Yoga Stories:

<https://www.kidsyogastories.com/kids-yoga-poses/>

- Spotify also has meditation stories for children:

<https://open.spotify.com/album/0250psAABO1I9eB1R33XgI>

### BALLOON BREATHING

**Step 1: Inhale Fully**  
Place your hands on your belly. Breathe in slowly through your nose to fill your lungs all the way to the top, as you feel your belly, abdomen and chest expanding out like a big balloon...

**Step 2: Exhale Fully**  
Now open your mouth and slowly blow **all** of the air back out of your lungs, letting your belly sink down flat, as if deflating that imaginary balloon. Repeat, but the next time close your mouth and practice breathing in, and out, through your nose, as you feel your belly expanding and shrinking.

Little Twisters Yoga.com