

# Yoga for Kids

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## ABSTRACT

**Yoga is a spiritual science for the integrated and holistic development of physical, mental and spiritual aspects of our being. Yoga is extremely beneficial for people of all ages. Yoga enhances strength, flexibility and preventing senescence and age-related diseases. In ancient books of Yoga has described enough formulation or Yogic Kriyas that help continue with good health. This paper emphasizes on Yoga for kids and its positive impacts and benefits.**

**Keywords: Yoga for Kids, yoga, body and mind. Yoga therapy aims to promote health.**

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## INTRODUCTION

In the world of school pressure, learning, busy parents, video games, and competitive sports. We may not suspect these as becoming stressful for our kids but often they are. First, we address how children and young people in today's world face numerous expectations and constant stimulation through the Internet and other media and communication technologies. One reason why children experience stress and mental health challenges is that globalization exposes the youth all over the world to various new demands, standards, and options. There is also increased pressure to succeed in school.

### **What can be a solution of this problem?**

Yoga, that gained momentum in the past few decades as people began to comprehend the interrelation between physical, emotional and spiritual welfare. With kids also facing numerous problems due to a demanding lifestyle, the practice of yoga is included into school curriculums too. A main concept in our article is that yoga may help children and young people cope with stress and thus, contribute positively to balance in life, well-being, physical and mental health. Yoga in schools improves resilience, mood, and self-regulation skills pertaining to emotions and stress.

### **Benefits of yoga for kids**

1. A daily yoga routine can negate the stress, physical and mental weakness children experience nowadays. Yoga at an early age sculpts young minds and bodies, giving tools that will enrich and support children to be balanced, creative, and calm individuals with a strong sense of individuality. It enhances self-esteem, concentration and body awareness and also the ability to deal with life's challenges smoothly. Physically, yoga improves coordination and it has a powerful effect on brain development, and brings heightened focus.
2. Yoga and meditation have proven to be particularly beneficial for the physical and emotional health of children. It improves balance, strength, endurance, and aerobic capability in children. Yoga and mindfulness offer psychological benefits for children as well. Extensive research has previously shown that yoga can improve focus, memory, academic performance, and classroom behavior and can even combat anxiety and stress in children.
3. Yoga develops children's strength and flexibility. Yoga helps strengthen children's growing bodies and helps them improve their flexibility, which can reduce their chance of injury.
4. Yoga teaches discipline and reduces impulsivity. Yoga can reduce challenging behaviors in the classroom by providing a physical outlet for children to express themselves. It also teaches children about discipline as they work on clearing their minds and perfecting their poses.
5. A growing number of schools are thus integrating yoga into physical education programs or classroom curriculums, and educational authorities are ensuring playful and interactive yoga sessions that children are certain to benefit from. In addition, school-based yoga stimulates mind-body awareness, self-regulation, and physical fitness among kids. Taken together, these factors may lead to improvements in students' behaviour, mental state, health and performance. That being said, the benefits of school-based yoga also extend to classroom teachers. Recent research suggests that providing educators with training in yoga and mindfulness based skills may have several constructive effects for them, including increased calmness, sense of security, positive mood, improvements in classroom management, greater emotional reactivity, and reduced mind and body stress.

Alongside its numerous health benefits, yoga also boosts immunity and prevents attacks from different viruses and bacteria by increasing the levels of antibodies. Yoga promotes blood circulation which can work wonders for the skin, hair and nails. A healthy body feels and looks happy. Yoga can give children very important life skills that can help them succeed in the world.

### YOGA ASANAS FOR KIDS:

6 basic yoga asanas or positions for kids to practice at home that have great benefits in terms of physical, mental and emotional health are as follows:-

- **Boat Pose :-**  
Balance on your buttocks with your legs up. Then rock in the water like a boat
- **Bow Pose :-**  
Lie on your tummy, bend your knees, lift your chest, reach your arms back towards your toes, and hold onto your feet.
- **Cat Pose :-**  
Come to an all-fours position, round your back, and tuck your chin into your chest. Pretend to be a kitty cat.
- **Child Pose :-**  
Sit on your heels, slowly bring your forehead down to rest in front of your knees, rest your arms down alongside your body, and take a few deep breaths.
- **Cobra Pose :-**  
Lie on your tummy, place palms flat next to your shoulders, press into hands, lift head and shoulders off ground, and hiss like a snake
- **Dancer Pose :-**  
Stand tall in Mountain Pose, stand on one leg, reach the opposite leg out behind you, place the outside of your foot into your hand, bend your torso forward with your arm out in front for balance, and arch your leg up behind you.

### CONCLUSION

Yoga is the medicine for nearly every problem. As you practice yoga, it does not only help you to improve your physical body but also helps in maintaining your inner peace and relaxing your mind. Thus, there is nothing that yoga will not help. Moreover, yoga is not just a one-day practice; it's a lifelong commitment. The more you practice yoga, the more you are benefited. If you practice yoga daily you will enjoy a peaceful and healthy lifetime. In the present Yoga has just become a type of physical practice but it is a lot more, it is a proper way of life.

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