

# YOGA & MINDFULNESS INTERVENTION RESOURCES

## Websites:

- Every Moment Counts: [https://everymomentcounts.org/view.php?nav\\_id=200](https://everymomentcounts.org/view.php?nav_id=200)
- Yoga Calm: <https://www.yogacalm.org>
- Yoga Ed: <https://yogaed.com/>
- Get Ready to Learn: <http://getreadytolearn.net/>
- Social Skills Activities for Preschoolers: <https://www.kiddiematters.com/100-social-skills-activities-preschoolers/>

## Children's Books:

- My Magic Breath by Alison Taylor and Nick Ortner
- I Am Yoga by Susan Verde
- I Am Peace by Susan Verde
- Books that Promote Social Emotional Growth for Preschoolers:  
[https://static.virtuallabschool.org/atmt/social/PS.Social\\_4.Experiences\\_A1.BooksThatPromoteSocialEmotionalGrowth.pdf](https://static.virtuallabschool.org/atmt/social/PS.Social_4.Experiences_A1.BooksThatPromoteSocialEmotionalGrowth.pdf)

## Songs/Albums/Audio Recordings:

- I Am Yoga song by Emily Arrow
  - YouTube Pose Guide: <https://www.youtube.com/watch?v=FmXL821PkLY>
- I Am Peace song by Emily Arrow
  - YouTube Video: <https://www.youtube.com/watch?v=uqkPdIjjSFI>
- Album: Yoga for Kids by Mary Martin
- Album: I Grow with Yoga by Sammie Haynes
- Album: Children's Yoga Songs for the Classroom by Darlene Kelbach & Matthew Popielski
- Happy Relaxing Guitar Music for Children
  - YouTube: <https://www.youtube.com/watch?v=pd4j9osCNT4>
- Kira Willy Mindful Moments for Kids
  - YouTube: <https://www.youtube.com/watch?v=eYfkMf91Wjs&list=PLbELTvWmO-cDFg5UZH-wFn1Cw0zgaCjnh&index=3>

## Other Materials:

- Yoga Pretzels - yoga pose cards



# YOGA GROUP ACTIVITIES

## INTERVENTION RESOURCES

### Simon Says:

- Age(s): 1.5-3 years → use emotions and 3-5 years → use yoga poses
- Focus: self-regulation (emotions), yoga pose recall, turn taking, & following directions
- Instructions: Group leader(s) say/do the poses with students and encourage students to take turns leading the activity if they are comfortable. This activity is a great opportunity for additional practice doing the poses.

### Animal Game:

- Age(s): 3-4 years (best with 4 year olds)
- Focus: start-stop, following directions, & personal space
- Instructions: Everyone acts out animal actions in unison on their yoga mats. This is a great opportunity for heavy work (proprioceptive input) for the students.
- Action examples: (5 at a time)
  - Bear crawl, frog jumps, mouse tiptoes, gorilla walk/hang (forward fold position with arms swinging side-to-side), flamingo hops (hopping on one foot), crab walk, bunny hop (crouch at back of mat and leap forward), ants march, duck walk (bend knees, walk in place, and flap arms like wings), and elephant stomp

### Scavenger Hunt:

- Age(s): 4-5 years
- Focus: self-regulation, start-stop, following directions, & yoga pose recall
- Set-Up: Hang up pictures representative of animal and nature poses and/or breathing techniques around the room (5 at a time).
- Instructions: Play music while the students walk around the room. When the music stops, students find a picture and do the corresponding pose.

### Musical Yoga:

- Age(s): 3-4 years
- Focus: following directions, start-stop, & personal space
- Set-Up/Instructions: Create a circle on the floor out of yoga cards/images leaving space between them. When the music plays the students walk around the circle and when the music stops, each student does the pose they land on. Students are asked to stay on their own card, minding personal space of those around them.



# YOGA GROUP ACTIVITIES

## INTERVENTION RESOURCES

### **Freeze Yoga:**

- Age(s): 2-3 years
- Focus: self-regulation, start-stop, & following directions
- Instructions: Group leader(s) play Shake Your Sillies Out (YouTube) and instruct students to follow along and freeze where they are when the music stops. Group leader(s) will pause/play music throughout the activity.

### **Obstacle Course:**

- Age used with: 3-4 years
- Focus: self-regulation, following directions, & turn-taking
- Instructions: Group leader(s) assemble an obstacle course of available materials. Students take-turns making their way through the obstacle course. For more complex courses, include yoga poses/animal actions.

### **Yoga Grab Bag:**

- Age(s): 3-4 years
- Focus: yoga pose recall & turn-taking
- Instructions: Group leader(s) gather objects representative of learned yoga poses and breathing techniques. Each student takes a turn pulling an object out of a hat/bag and lead the group in doing the pose that matches.

### **Wind in the Trees:**

- Age(s): 4 years
- Focus: self-regulation, yoga pose recall, and turn taking
- Instructions: In a large, open area group leader(s) divide the students into two groups. The first group will stand in tree pose while the second group of students run between them. All students will be both the wind and the trees.

### **If You're Happy and You Know It Remix (song with actions):**

- If you're mad and you know it, cross your arms
- If you're frustrated and you know it, stomp your feet
- If you're excited and you know it, jump up and down
- If you're sad and you know it, make a frown
- If you're scared and you know it, hide your face



# YOGA & MINDFULNESS EVIDENCE-BASED PRACTICE RESOURCES

## **AOTA Critically Appraised Topics:**

- Yoga Interventions for Children 5-21 Years
  - <https://www.aota.org/Practice/Children-Youth/Evidence-based/CAT-CY521-MH-Yoga.aspx>
- Educational Participation for Children 5-21 Years
  - <https://www.aota.org/Practice/Children-Youth/Evidence-based/CAT-CY521-Literacy-EducationParticipation.aspx>
- Evidence-Based Interventions Addressing Education for Persons with Autism Spectrum Disorder
  - <https://www.aota.org/Practice/Children-Youth/Evidence-based/CAT-Education-ASD.aspx>
- Mindfulness Interventions for Children 5-21 Years
  - [https://www.aota.org/~media/Corporate/Files/Secure/Practice/CCL/CY5-21/CY521\\_MH\\_miniCAT\\_Mindfulness.pdf](https://www.aota.org/~media/Corporate/Files/Secure/Practice/CCL/CY5-21/CY521_MH_miniCAT_Mindfulness.pdf)

## **AOTA Critically Appraised Papers:**

- Effectiveness of Get Ready to Learn Yoga Program:
  - <https://www.aota.org/~media/Corporate/Files/Practice/EvidenceExchange/Approved-CAPs/CY/Koenig-Edwards.PDF>
- Mindfulness-based Cognitive Therapy for Children
  - <https://www.aota.org/~media/Corporate/Files/Practice/EvidenceExchange/Approved-CAPs/CY/SemplemindfulnessbasedcognitivetherapyforchildrenMBCTC.pdf>

## **Articles:**

- Birdee, G. S., Yeh, G. Y., Wayne, P. M., Phillips, R. S., Davis, R. B., Gardiner, P. (2009). Clinical applications of yoga for the pediatric population: A systematic review. *Academic Pediatrics*, 9, 212–220.e9. doi: 10.1016/j.acap.2009.04.002.
- Flook, L., Goldberg, S. B., Pinger, L., & Davidson, R. J. (2015). Promoting prosocial behavior and self-regulatory skills in preschool children through a mindfulness-based kindness curriculum. *Developmental Psychology*, 51(1), 44–51.  
<https://doi.org/10.1037/a0038256>



# YOGA & MINDFULNESS EVIDENCE-BASED PRACTICE RESOURCES

## Mental Health Promotion, Prevention, & Intervention with Children and Youth Evidence-Based Practices Resources

### AOTA Resources

- Mental Health Promotion, Prevention, & Intervention with Children and Youth by Susan Bazyk (AOTA Press)
- AOTA Frequently Asked Questions: School Mental Health
  - <https://www.aota.org/~media/Corporate/Files/Practice/Children/Browse/School/Mental-Health/School%20Mental%20Health%20FAQ%20Webfin.pdf>
- AOTA Focus on Mental Health
  - <https://www.aota.org/~media/Corporate/Files/Practice/MentalHealth/Focus-On-Mental-Health-Booklet.pdf>

### Articles:

- Sood, D., Comer-Hagans, D., Anderson, D., Basmajian, D., Bohlen, A., Grome, M., Imanova, I., & Martin, K. (2018). Discovering Perspectives on Health and Well-Being from Parents and Teachers of Preschool- Aged Children. The Open Journal of Occupational Therapy, 6(1). <https://doi.org/10.15453/2168-6408.1365>

### Websites:

- Every Moment Counts: <https://everymomentcounts.org/>

