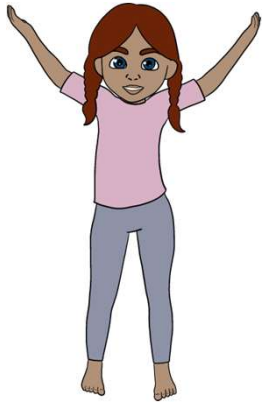


# TIPS FOR EXPLAINING YOGA TO CHILDREN



Yoga is a wonderful practice that can help children feel calm, strong, and happy. It's like a special kind of exercise for your body and mind. Here are simple suggestions to explain yoga to children:

- Yoga is like stretching and moving your body in fun and gentle ways.
- It is like playing pretend because you can pretend to be different animals and other things, like trees, cats, or even rockets!
- Yoga helps you relax and feel peaceful, like when you take a deep breath and blow out candles on your birthday cake.
- Yoga is a great way to make your body strong and flexible like a superhero!
- Yoga helps you pay attention and focus better, like a super detective.
- You can do yoga almost anywhere, whether in your classroom, at home, or in a park.
- It's not a competition; you can go at your own pace and have fun.
- You can do yoga alone, with friends, or even with your family, which makes it extra special.
- Yoga is about taking care of yourself, just like how you take care of your toys or pets.
- Lastly, it's all about feeling happy and good from the inside out!

