

Yoga for JSK-D

Yoga for Morning and Night



Hi everybody!

Yoga is a great way to maintain a healthy routine.

Yoga can help keep you...

<p>Fit</p>	
<p>Strong</p>	
<p>Flexible</p>	

Yoga can help regulate your energy, helping you to be...

<p>Energised</p>	 A vertical green bar on the left contains the word "Active" written vertically. To the right, four cartoon characters are shown: a black bat-like character, a red character with a flame on its head, a green character, and a brown character in a Superman costume. A Moovlee character is peeking from behind a red sign with the word "Moovlee" in yellow.
<p>Calm</p>	 A vertical green bar on the left contains the word "Calm" written vertically. To the right, a brown Moovlee character is shown in a meditative pose with hands in a prayer position. Another Moovlee character is peeking from behind a red sign with the word "Moovlee" in yellow.

Some yoga can make you energised and prepared for the day and some yoga can make you feel relaxed and sleepy. Practice these two yoga routines. One in the morning and one at bedtime. 😊

**Dear Parents: Children will benefit from these videos more if adults follow along too, helping them to stay focused and perform movements. Get the whole family moving!*

Morning Yoga Routine for Kids – 1 – Calm – Moovlee

The aim of this morning yoga routine is to help is to help children start their day feeling calm and energised. It incorporates full body movements, stretches and strength exercises to help mobilise joints and get blood flowing. The video is short and calming so hopefully even young children can follow along and stay engaged! Kids will find this video easier to follow if they have an adult performing the movements with them. Not only will this help them learn the movements but it also provides a short time each morning to bond with your little people before starting your day.

<https://www.youtube.com/watch?v=TYo5BSbA4vg&list=PLkQMR1xLaMou77qkQzvSBXCdNOPjlegE4&index=2&t=34s>

Night Time Yoga Routine (remake) – 8 Calm – Moovlee

This night time routine aims to help kids to relax and prepare for a good night's sleep. Children tend to sleep better if they have a consistent bedtime routine, so trying adding this video to your normal night routine to help kids calm down, relax and get to sleep quickly! I remade this video at the suggestion of a mum who has little ones following the original video, as they were finding the poses and transitions too fast to follow.

https://www.youtube.com/watch?v=xpE_3oT2t2U&list=PLkQMR1xLaMou77qkQzvSBXCdNOPjlegE4&index=8

**** I'd love to see some photos of you practicing yoga at home. Please send them to your teacher. This is me, practicing yoga at home 😊**

Have fun! From Mrs Ralph



Moovlee

'Not all screen time has to be unhealthy! 🐼 Moovlee is all about using exercise, meditation and breathing techniques to help children with their social, emotional and physical development. My aim is to create a catalogue of exercise and movement animations that children (and adults!) will enjoy watching and copying. These videos come from a range of exercise backgrounds and will help kids to develop: - Stronger connections between both hemispheres of the brain, - Emotional regulation skills that they can utilise when they are feeling stressed, anxious or agitated, - Stronger core muscles to help maintain good posture, - Full body strength and flexibility, - Improved coordination and balance, - Mindfulness and relaxation techniques that will continue to help them into their adult years. Kids will benefit from these videos more if adults follow along too and help them perform movements, so get the whole family moving! '

<https://www.youtube.com/playlist?list=PLkQMR1xLaMou77qkQzvSBXCdNOPjleqE4>

