



Monster Yoga

Resources you will need

- A large space to be able to move and stretch
- Yoga poses for children to visually see (e.g., image examples)
- Mindful music (personal choice)

Why use ...

Incorporating yoga into the day can increase attention span and concentration for children and improve social interactions through partner work.

Yoga encourages body awareness, exploring the movements they make and making links to the different sensations they feel.

Yoga can support children to manage their emotions and anxiety as they are incorporating relaxation during their day.

How to...

You will need to either prepare your own yoga positions which you can teach to the children or have a look at the 'Monster Yoga' attachment for some ideas.

Talk to the children about what you will be doing together and demonstrate this by showing and doing the actions, so the children can mirror the movements you are making.

Have lots of space available for big movements and try to put away objects which may cause distraction.

Introduce what you are going to be doing and have a few minutes at the end where they are still, calm movements, to allow for an easier transition back into the classroom.



For more information about how we work please contact:
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