



Introduction to Yoga with Young Children

Yoga is a form of exercise that focuses on strength, flexibility and breathing with the aim of improving physical and mental wellbeing. The aim of this course is to introduce a yoga programme that is suitable for all young children and can be delivered by practitioners in an early years setting. Studies have shown that young children practicing regular yoga experience a decrease in stress, have fewer behaviour issues, better overall learning and development outcomes, and increased strength and flexibility in the body.



Course details

- One module with a multiple-choice questionnaire
- One CPD credit*
- Optional narration of the course module and questionnaire for accessibility
- Personalised downloadable certificate
- 70% pass mark
- Printable module for future reference

*1 CPD credit equals up to 1 hour of learning

Course content

The course covers:

- why children's yoga is important and how it can improve a child's overall mental and physical strength
- designing an engaging programme to support children's mental and emotional wellbeing
- explanations on the benefits of introducing yoga in an early years setting and the benefits it can have on the practitioners themselves
- small exercises you as a practitioner can use to create a programme tailored to the different needs of the children

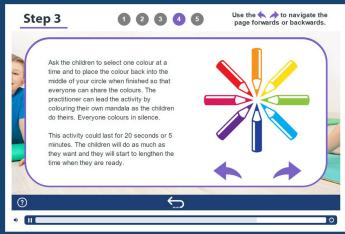
- the importance of having fun and praising children's efforts at each stage of the sessions
- the positive impact meditation sessions can have on a child's personal development and how it can help them to stay balanced and focused throughout the day
- case studies with example situations explaining the benefits of integrating a yoga programme into a child's daily routine
- a summary of key points in the course including how you can use the simple and effective tools outlined in the course for everyday life, to improve mental and emotional health.

This course is suitable for

Key features

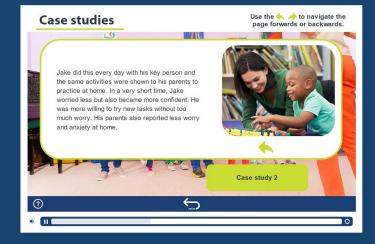
- Visually engaging and interactive.
- Answer explanations for those who achieve the pass mark.
- Additional resources to expand learning.
- Optional narration of the module and questionnaire.
- Written by experts at Mini Me Yoga and the Early Years Alliance.











Why choose us?



The training you provide is fantastic, we use the training for staff meetings and for updating our committee.

Absolutely brilliant, we use the training all the time. We wouldn't be without it.

Rebecca Cox Manager, Cholsey Pre-School



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