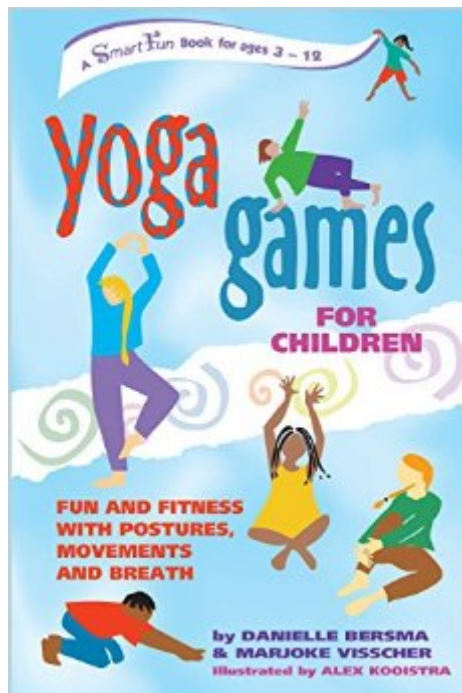


The book was found

Yoga Games For Children: Fun And Fitness With Postures, Movements And Breath (SmartFun Activity Books)



Synopsis

This introduction to yoga for children contains variations on traditional yoga postures that help children develop physical strength, flexibility, emotional calm, and self-expression. The games involve relaxation, trust, and cooperation. Included are over 50 illustrations and 16 completely structured lessons based on themes like the seasons, rain, snow, and animals.

Book Information

Series: SmartFun Activity Books

Paperback: 160 pages

Publisher: Hunter House; 1 edition (April 25, 2003)

Language: English

ISBN-10: 0897933893

ISBN-13: 978-0897933896

Product Dimensions: 5.9 x 0.5 x 8.9 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (44 customer reviews)

Best Sellers Rank: #19,306 in Books (See Top 100 in Books) #75 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga #278 inÂ Books > Humor & Entertainment > Puzzles & Games #499 inÂ Books > Parenting & Relationships > Parenting

Age Range: 6 - 12 years

Grade Level: 1 - 7

Customer Reviews

YOGA GAMES FOR CHILDREN I work with children. I am a paraprofessional in a special needs school, and was very excited to read this book, to see if there might be anything I could use with our kids. One of the things that I noticed right away is how many of the games and exercises were done in groups or pairs. This is fantastic in my opinion! It seems to me that these days kids are more isolated than in the past. I am not sure what it is, but I rarely see little girls walking and holding hands or boys roughhousing. Fighting yes, just roughhousing, no. I also have noted that most parents do not hold their children's hands any more. This is very sad in my opinion, as touch in and of its own is healing. Touch during play is a good thing! So, I was very pleased to find that there were things that there were games where the kids held hands or leaned back against each other. I believe this helps to build co-operation and understanding. There are also plenty of games where it is individuals alone. My favorite is Sun Salutations! It incorporates many basic yoga positions, and it

will be a lot of fun for the kids. The Mountain is a close runner up. I can just see the kids enjoying those games, and having fun. The relaxation exercises are ideal as well. Sometimes kids, as well as adults, need to just let it go and breathe. This book gives several examples of how to do this. I will not be able to use many of these games with my special needs classroom. We have a low functioning group and the understanding is not there in some cases, and the physical abilities are not there in others. My niece is a preschool teacher in a daycare facility, as well as being Assistant Director. She is very excited about trying many of these games with her class!

[Download to continue reading...](#)

Yoga Games for Children: Fun and Fitness with Postures, Movements and Breath (SmartFun Activity Books) YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) The Yoga Zoo Adventure: Animal Poses and Games for Little Kids (SmartFun Activity Books) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Simplified Tai Chi Chuan: 24 Postures with Applications and Standard 48 Postures Simplified Tai Chi Chuan: 24 Postures with Applications & Standard 48 Postures (Revised) Yoga Exercises for Teens: Developing a Calmer Mind and a Stronger Body (SmartFun Activity Books) 303 Preschooler-Approved Exercises and Active Games (SmartFun Activity Books) Bad Breath: Remedies for Life - How to Prevent Halitosis, Bad Breath Causes, Cures and Treatments (Bad Smell and Mouth Smell - How to Cure Bad Breath Book 1) Indoor Action Games for Elementary Children: Active Games and Academic Activities for Fun and Fitness Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Healing Yoga: Proven Postures to Treat Twenty Common Ailmentsâ "from Backache to Bone Loss, Shoulder Pain to Bunions, and More Warriors Word Scramble: Word Scramble Games - Word Search, Word Puzzles And Word Scrambles (Word Games, Brain Games, Word Search, Word Search Games, Word ... Scramble, Word Scrabble, Unscramble Word) Hoyle's Rules of Games: The Essential Family Guide to Card Games, Board Games, Parlor Games, New Poker Variations, and More Bone, Breath, and Gesture: Practices of Embodiment Volume 1 (Bone, Breath, & Gesture) (Vol 1) The Ultimate Homeschool Physical Education Game Book: Fun & Easy-To-Use Games & Activities To Help You Teach Your Children Fitness, Movement & Sport Skills Waves of Protest: Social Movements Since the Sixties

(People, Passions, and Power: Social Movements, Interest Organizations, and the P) Walking for Fun and Fitness (Cengage Learning Activity)

[Dmca](#)