

# YOGA

## Yoga skills development.

Yoga helps strengthen children's growing bodies and helps them improve their flexibility, which can reduce their chance of injury. Yoga teaches discipline and reduces impulsivity. Yoga can reduce challenging behaviours in the classroom by providing a physical outlet for children to express themselves and help them to self-regulate.

**Little Oaks:** Children stretch their body and join in with different yoga poses.

**Nursery:** Children can control their breathing and begin to experiment with movements imitating some simple yoga poses.

**Reception:** Children imitate yoga poses, relax and accept social touch through partner positioning.



**CURIOSITY**

