



## Isis Mulleman: How To Teach Yoga To Kids To Keep Them Engaged



Isis is a certified yoga and kids yoga teacher, massage therapist, and mindfulness teacher - for all ages. Enjoy this engaging session with Isis, full of skills, tricks and tips to keep kids of all ages engaged during your yoga session.

**TOP EMBODIMENT TIP:** “If I want to feel embodied, if I feel like I'm very much in my head and I want to go to my body, it starts with touch.”

### Engage Kids: Fun Ways To Capture The Attention Of Kids For Yoga

- Use songs throughout class to keep kids engaged and also to settle into stillness. Songs are good for regulation, uniting for rituals, for warming up for calming down repetition.
- Invite dialogue with kids throughout class, asking how they feel after a set.
- Frame your class as a story, go on an adventure and during the adventure you self regulate, breathe, meditate, and do yoga.

### What's Your Why As A Kid's Yoga Teacher: Know Your Why

- Why would you want to teach yoga to kids? What do you want them to learn? What's your main mission? **Structure what you want them to learn and structure the class around that.** Kids learn differently than adults. A mistake or pitfall when people start teaching yoga to kids is that they transfer the adult yoga class to a kid's class and kids get restless when they have to sit still. Kids learn best through fun and play.

### Dynamics In Class: How to keep control without shouting at kids during a yoga class

- When kids are too excited you can say, “You can have a lot of imagination, but we try to keep the imagination for ourselves and we can talk about it after class” or, “If you feel you like you're getting overexcited and you feel like you can't manage yourself. We have the silent chair or choose a different mat.” **Let the kids have a choice on how to manage their excitement.**
- Find students to highlight and praise that are engaging positively.
- **Start every class with your rules or guidelines. Kids like prediction, structure, and safety.**

### Structure Of Class

- Have **Room prepared** ahead of time, all mats out. Welcome, **Roll call** and each child says, namaste. This gives them space and ownership in class. Have everyone use the **Bathroom** before class, Take 10-15 minutes to **Adjust** before sitting on mats.
- **Share your rules** and guidelines: 1. Stay on your own mat and don't fidget on the mat 2. Copy the moves that I do because we go into a story and I don't explain the moves, you just have to go along. 3. We are silent when the teacher is talking.
- **Start class with the same pose** each week and Namaste. **Begin an adventure** (20 min) see resources. End in **Savasana** 2-3 minutes. End class with 10 minutes extra, **Have kids clean up space** and then allow for time of **Integration** through drawing or writing.

### Resources

- ❖ **Website:** [Mano Down To Earth Yoga](#)
- ❖ **Social:** [Isis's Facebook](#)
- ❖ **References:** [Cosmic Kids](#) ; [PDF Yoga Story](#) ; [Helen Purperhart](#)



## Isis Mulleman



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[YogaAnatomy.net](https://YogaAnatomy.net) is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and

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