



YOGA FOR YOUNG CHILDREN

Successful Solutions Professional Development LLC

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ECE Virtual Classroom
Online Courses for Early Childhood Educators



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Yoga for Young Children

1 clock hour early childhood education

Course Description

Yoga has shown to be beneficial for children who encounter emotional, social, and physical challenges or conflicts. Children have the ability to learn how to cope with stressful situations, calm themselves in times of frustration, and learn resiliency. Yoga has many components such as balance, breathing, posing, and stamina. Teaching these skills to young children is believed to offer benefits that extend past the practice of yoga itself.

Washington STARS credit: Curriculum & Learning Environment (1 hour)

CDA Content Area: Supporting Children's Social and Emotional Development (1 hour)

CDA Settings

- Infant/Toddler
- Preschool
- Family Child Care (Mixed-Age)

Learning Outcomes

- ✓ Learn about the history of yoga.
- ✓ Identify an understanding of common terminology associated with yoga.
- ✓ Identify rules for yoga with children.
- ✓ Identify potential health benefits that may be associated with yoga.
- ✓ Identify a breathing exercise that may be helpful before nap time.
- ✓ Describe how you will use yoga or yoga breathing to aid in your classroom.

Course Content

1. Course Agenda
2. What is Yoga?
3. Breathing Exercises for Kids
4. Breathing Techniques
5. Yoga Poses
6. Awareness and Safety
7. Discussion: Yoga in the Classroom (1/2)
8. End of Course Quiz (2/2)
9. Course Evaluation Form



Sources

1. Mayo Clinic Minute: Benefits of yoga, The Mayo Clinic, <https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-minute-benefits-of-yoga/>
2. Yoga for Life - Childhood Through Young Adult, By Kristin Henningsen, MS, <http://healthandwellness.kaplan.edu.edgesuite.net/articles/yoga/Yoga%20for%20Life%20-%20Childhood%20Through%20Young%20Adult.html>
3. Yoga for children, Wikipedia, http://en.wikipedia.org/wiki/Yoga_for_children
4. Bedtime Yoga for Kids for a Good Night's Sleep, by Laurie Jordan, <http://life.gaiam.com/article/bedtime-yoga-kids-good-night-s-sleep>

Glossary of Terms

ADHD

ADHD is a disorder that makes it difficult for a person to pay attention and control impulsive behaviors.

Namaste

Namaste is the equivalent of hello, but with an element of respect. Nama means bow, as means I, and te means you. Therefore, namaste literally means "bow me you" or "I bow to you." Namaste is usually spoken with a slight bow and hands pressed together, palms touching and fingers pointing upwards, thumbs close to the chest.

Yoga

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Yoga has become popular as a form of physical exercise based upon asanas (physical poses) to promote improved control of mind and body and to enhance well-being.

Optional Resources for Further Study

- Yoga for Babies: Is it Safe?, By Rachael Rettner, <https://www.livescience.com/18688-yoga-babies-safe.html>
- Yoga Kids, <https://yogakids.com/>
- Yoga for Kids, By Annie Buckley, Parents, <http://www.parents.com/fun/activities/indoor/yoga-for-kids/>
- Practice Yoga with Your Child, PBS Parents, <http://www.pbs.org/parents/food-and-fitness/sport-and-fitness/practice-yoga-with-your-child/>



- Yoga for the Special Child, <http://www.specialyoga.com/>
- Clinical Applications of Yoga for the Pediatric Population: A Systematic Review, <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2844096/>
- Video: The Risks and Rewards Of Practicing Yoga (37:41), <https://www.npr.org/2012/02/07/146463156/the-risks-and-rewards-of-practicing-yoga>
- Video: Yoga for Children, part 1, Johnson & Johnson, <https://youtu.be/bZyUVQOD7Pg>
- Video: Yoga for Children, part 2, Johnson & Johnson, <https://youtu.be/bweEYHr30mk>
- Video: My First Yoga - Yoga for Kids, https://youtu.be/4JXmQc3_m_k
- Video: Squish The Fish - A Cosmic Kids Yoga Adventure 15:14, https://youtu.be/2cNjAj_oSI
- Video: Yoga for Kids - Vol 1 (All Standing Postures) 16:16, <https://youtu.be/CITc2AxYnPY>
- Video: Fun Yoga For Kids 52:15, <https://youtu.be/CITc2AxYnPY>
- Yoga for Kids; Let the Body Breathe, By Mira Binzen, <http://yogachicago.com/2014/03/yoga-for-kids-let-the-body-breathe/>
- 3 Awesome Benefits of Yoga for Babies and Toddlers, Jennifer Mueller, MA, E-RYT, RYT, <http://www.thekidsyogaresource.com/2017/07/benefits-of-yoga-for-babies-toddlers-crawlers-and-walkers.html>
- Video: What Does Namaste Mean? Jennifer Kavanagh, <https://youtu.be/1v7GceAdvKY>
- Video: Yoga for Kids - Vol 1 (All Standing Postures), APPUSERIES, <https://youtu.be/CITc2AxYnPY>
- Kids Yoga Poses, Namaste Kid LLC, <https://www.namastekid.com/teaching-tools/>
- Yoga In My School, <https://yogainmyschool.com/>
- Baby Yoga, birthlight, <http://www.birthlight.com/page/baby-yoga>

Course Author

This topic has been collaboratively created, organized, and developed by our team of trainers, educators, administrators and specialists. We strive to maintain high quality online training methods while adhering to state standards for adult learning and meeting the needs of our students. **A special thank you to Ashleigh Barraza for developing the original curriculum for this course.**

ECE Virtual Classroom Academic Coach

The Virtual Classroom Academic Coach's role is to support the ECE students through the training process. The Virtual Classroom Academic Coach reviews assignment per directions, monitors discussion threads, answers inquiries/emails, monitors student engagement, provides online student support, and regularly collaborates with team members on development. The



Virtual Classroom Academic Coach serves as the facilitator and grader, while the Online Educators are the official state approved trainers.

Student Support

The best way to reach us is through live student support chat. Look for the Chat with Us bubble on the bottom left corner of the website.

Website: www.myececlass-social.com

E-mail: info@myececlass.com

Phone: (360) 602-0960

Student Support Hours

Chat & Email Support

Monday - Friday	7 am – 6 pm
Saturday & Sunday	9 am – 6 pm
Holidays (Email Only)	10 am – 4 pm

Phone Support

Monday - Friday	7 am – 6 pm
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Required Assignments

Reading

The text on each page should be read. When you submit the worksheets, discussion boards, and click on the NEXT PAGE button, it will create a record of your progress moving through each page.

Videos

Watch the videos as you encounter them. If you have trouble with the videos playing, this may require that you update flash player on your computer. Optionally, some students find that if they are having difficulties playing the videos on their computer, they can view them on their phone. There is a link above the videos to view them on YouTube directly. You may wish to save the Youtube link for the video to refer to in the future, or in order to use another device for viewing.

Discussion

The discussion questions are a required part of the course. You may either post on the discussion board where you are contributing to the thread with other students. Alternately, you have the option of clicking on the link above the discussion board and submitting your response on a worksheet form. The ECE Virtual Classroom Coach will be tracking your



submission of the discussion board assignments as part of meeting the learning outcomes for the course.

Worksheets

Check for Understanding worksheets are provided throughout each course. The worksheets allow opportunities to reflect on the course materials as you are progressing through the training. Watch your email in-box for trainer feedback. You may not receive feedback for every single assignment, depending on how quickly you are moving through the course. Instead, you may receive an email letting you know that your work was done well, with a certificate attached. If you need guidance, the trainer or the academic coach will be sending you emails with feedback with instructions for resubmission. Certificates will not be issued if worksheets are skipped, incomplete, or filled in with inappropriate responses. If you need assistance, we have student support available via Live Student Support Chat 7 days a week (Mon.-Fri. 7 am-8 pm and Sat.-Sun. 9am-6pm PST).

Quizzes

The end of course quizzes are primarily multiple choice and true or false questions, with occasional open-ended questions. 70% or better is required to pass the quiz. You can review the course materials and retake the quiz as many times as needed to pass. Automated emails are sent to you confirming that you have submitted the worksheets and quizzes and provide you with a link to resume at the next page.

Optional Course Items

The items below are offered in each course as options. Optional means that you have the choice to utilize them, or not.

Optional Resources for Further Study

We have included a wealth of resource links for you to explore and further your knowledge about each topic.

The resource links provided in our website are provided solely for your convenience and may assist you in locating other useful information on the Internet. When you click on these links you will leave our website and will be redirected to another website. These websites are not under the control of Successful Solutions Training in Child Development. Successful Solutions Training in Child Development is not responsible for the content of linked third party websites. We are not affiliated with these third parties nor do we endorse or guarantee their products, services, website content, etc. We make no representation or warranty regarding the accuracy of the information contained in the linked websites. We suggest that you always verify the information obtained from linked websites before acting upon this information.



Parking Lot

The Parking Lot is offered as an optional opportunity to interact with the trainer about a question that you may have about the course topic. If you do not have a question, it is not necessary to fill out this form, it is not required. If you choose to submit a question to the trainer, she will respond to you by email. Be sure to watch your email in-box.

You can always leave a message for student support on our Live Chat on the bottom left corner of the website, any time of day or night. If we are not available, we will respond by email as soon as possible.

Certificates

When you submit the evaluation form, that prompts the academic coach to review all of your work. We will evaluate your work to assure that you have met the learning outcomes. Once that assessment is complete, you will receive your certificate by email. [Click Here](#) for a sample certificate. (This certificate is an example. The student certificate may vary slightly). Certificates are prepared 7 days a week between 7 am and 7 pm PST. In most cases, you should receive your certificate by email within a few hours after you submit the evaluation form, or first thing the next morning.

State Training Approval

This training may, or may not, meet annual training requirements in your state. Please provide us with your state, and any State registry ID number on the evaluation form, and if we are able to record your completed training with your state, we will. In some cases, for annual state credit, you will need to submit the certificate to the appropriate registry and they may or may not award annual credit. Providing a State Registry number to us does not guarantee that your state will approve the training for annual continuing education credit.

The following states have *pre-approved* our courses:

- Washington State DEL MERIT Trainer: Kimberlee Turner, MS Ed
- Illinois - Organization Approval Number B102312
- Ohio (Entity OIN # 21084413)
- North Carolina - Organization approval
- Utah - Organization approval for Online Career Ladder Courses
- Vermont - Organization Approval
- Our courses may be accepted many states that do not require pre-approval.



Technical Requirements

- Laptop or PC
- Most students are able to use mobile devices such as tablets to complete courses. However, each device is different, and an individual's skill level with the device may determine their success with using a mobile device.
- Recommended web browser: Google Chrome
 - Microsoft Edge, Safari and Firefox are other acceptable browsers.
 - Internet Explorer is no longer supported by Microsoft, and you may have issues if you use it to take training.
- Operating System
 - Make sure you're using a current operating system (for example, Windows 10).
 - Outdated operating systems may cause technical difficulties.
- Internet Speed
 - Slow internet speed may impact loading time.
- Videos may require Adobe Flash Player.

Adobe Reader is required to open PDF files. Download Adobe Reader can be downloaded free <https://acrobat.adobe.com/us/en/acrobat/pdf-reader.html>

