



AVANTI MEADOWS

PRIMARY SCHOOL

Why Do We Teach Yoga to Children at Avanti?



When yoga is taught to children as part of the school day with the **right approach** there is a huge impact on their physical, emotional and educational development.

Physical benefits include greater fitness, improved flexibility for the spine and joints, better posture and improved co-ordination.

Emotionally the right approach can help children to improve their social skills, to discover ways to self-calm and relax, which will help them to deal with life's challenges and get on better with each other.

Educationally the right approach can help children to improve concentration, speaking and listening skills, their writing and even help them to understand complex ideas in interesting and vibrant ways.

The holistic effect of these benefits is to give the child an improved sense of self-worth, an increased sense of self-esteem and therefore a happier and healthier life.

The FIVE main areas of benefit that we target in our teaching approaches are:

- 1) Concentration
- 2) Behaviour
- 3) Physical fitness
- 4) Relaxation & Calming
- 5) Well-being & self esteem

Improvements are made over a period of time because:

- (a) Children practice regularly because they are enthusiastic about yoga
- (b) Children are taught by teachers with the **right approach** who enthuse the children and make it fun
- (c) All five of the above areas are targeted in the lesson simultaneously

Tangible benefits at a glance...they all add up

Concentration – children can transfer their concentration skills to other areas of the curriculum

Behaviour – improving and changing challenging behaviour is at the core of our teaching approach. This is one of the major benefits of providing yoga as part of the integrated school day.

Physical fitness – increased flexibility, muscles toned and strengthened, better posture, healthier bones, improved balancing skills.

Relaxation & Calming - children learning how to stay calm in difficult situations. In other words they learn how to be in control by using their new found breathing techniques and calming skills.

This is often a major breakthrough for many children who may never get the opportunity to learn how to relax.

Well-being & self-esteem – children enjoying a great sense of achievement from the posture work because we make the activities achievable and fun. In addition children feel good about themselves and their bodies because of the exercise.

Social Skills

Children improve their social skills because of the **yoga games** we play which focus on teamwork, listening, cooperation and other social areas.

Everyone is included

They feel in control and responsible because of their ability to be calm and relaxed. They are included and valued regardless of size, intellectual ability or culture.

The sum total of these aspects works to increase well-being & self esteem