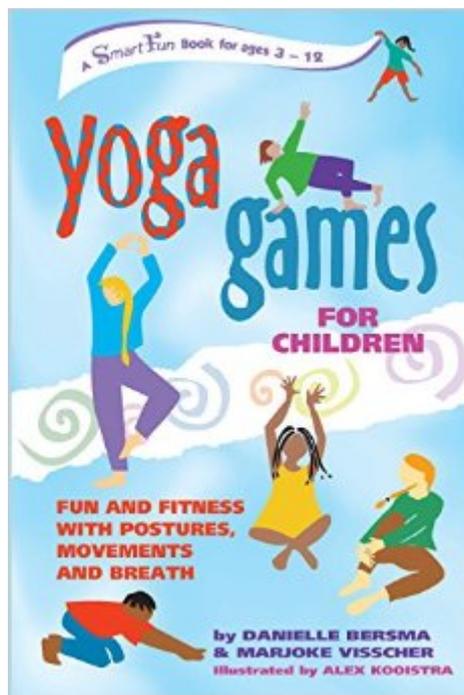


The book was found

# 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

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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 stars [See all reviews](#) (44 customer reviews)

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

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