



Calming Young Minds - For Kids Leader's Guide

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Thank you for your purchase of Calming Young Minds CD- for kids! This informative Leader's Guide is designed to help you, whether you are a parent, teacher, therapist, yoga instructor, day care provider, or child life specialist. Please read this guide before using the CD with the kids. It is strongly recommended that you also listen to the CD first and familiarize yourself with the tracks.

1. **Creative Arts:** Many of the tracks end with a creative arts section. Please have crayons, markers and paper ready nearby the kids so that it does not interrupt the flow from meditation or yoga to the arts section.
2. **Space:** Make sure that you have sufficient space so the kids can move around.
3. **Guidance:** As the leader, you can follow along with the CD and provide modeling of the poses and movements. It is common for kids to get silly during the yoga especially when it is unfamiliar to them. That is ok! Just allow for this (unless it gets out of hand). You might gently redirect them to focus on themselves and acknowledge that it is ok to be feel awkward and silly. You might say: "Sometimes when we feel uncomfortable, we giggle... and that's ok. Just try not to bother the person next to you".
4. **Handouts:** On the website, there are handouts you may download. One activity might be to have kids make their own set of yoga cards from these handouts and even color them, then attach them together in a bundle or booklet format.
5. **Choose tracks thoughtfully.** Some are active and some instill relaxation. For example: "Seated Open Heart Meditation" is great for after recess or gym class to help the kids refocus. "Animal Adventure" and "Yogi Walk" are both very active tracks might be great for indoor recess or a good break after a test. And of course, "Nighty Night" is excellent before naptime or bedtime!
6. **Get the Kids Involved!** Let the kids be your guide! Once they are familiar with the CD, ask them which track they would like to listen to! Or you may use the yoga cards in the form of a game. Kids can even lead a "Yoga Simon Says" game!
7. **Modify!** Not enough space? Kids with limitations? Modify the track to match the needs of the space and abilities of the kids.
8. **Have FUN!** Don't take yourself too seriously!