

Dr. Walker

Edu 111

25 February 2026

### Healthy Habits Campaign

Teaching young children about health and safety can have life-long impacts on student's lives. Awareness and education regarding proper exercise, hygiene, and nutrition is critical for helping shape young minds to be healthy throughout the life span. Daily exercise is an essential part of living a healthy life. Young children have a natural desire to be active, so nurturing this in early childhood education is pivotal. For my healthy habits campaign, I am focusing on the importance of daily exercise. This lesson will be taught through an interactive hands-on yoga experience designed for children's wellness. Yoga can be used as a tool to help children learn coordination, balance, and emotional regulation (Marotz, 2024).

#### **Learning Objectives:**

1. Children will identify and name body parts used in various poses.
2. Children will follow simple directions.
3. Children will demonstrate 3 yoga poses

#### **Classroom Activity:**

Begin the lesson by reading the children's book *Yoga Bunny* by Brian Russo. Continue to talk with students about what it means to be healthy— eating whole nutritious foods, daily movement, sleeping and resting, learning how to regulate themselves, etc (Marotz, 2024). Invite students to the rug area,

where optional mats/towels can be laid to mimic yoga mats. Child-friendly poses may include Dog pose, Lion pose, and Frog pose. Keeping pose names simple and associated with things already known to young children can help with both the engagement and effectiveness of the lesson. While demonstrating, be sure to emphasize body part names such as arm, leg, hand, etc to help further both cognitive and physical development. To assess children's learning, they should be able to correctly identify the body parts included in each pose, demonstrate each pose, and listen and follow simple physical directions.

**Family connection:**

To involve families, I would send home a newsletter introducing the topic of yoga to families, provide the benefits of the practice for young children, and also encourage them to continue the practice at home. It is important for families to be involved in their child's curriculum, to ensure translation of in-school practices to at-home practices. Example below:

# CLASSROOM

weekly newsletter

## OUR FOCUS

This week, we are focusing on the topic of health; emphasizing the importance of daily physical exercise! We will be learning child-friendly yoga poses that focus on balance, coordination, body part identification, and intentional breath work for emotional regulation. There are many benefits of yoga for young children, covering almost all developmental domains.

## CONTACT ME!

I am available at the days/times below. Please do not hesitate to reach out via email, phone call, or text message with any questions or concerns!

**M-F: 2:45-4:00**

## MOVEMENT AT HOME

As a result of our brand new lesson this week, our little learners will most likely be very excited to show off their new moves! Below are some movements we will be learning in class this week. Feel free to introduce these movements into your everyday routine at home, and you are more than welcome to send in any at-home yoga materials you may have for your child!



Flamingo pose



Chair pose



Dog pose

### Cultural and developmental adaptations:

Children ages 3 to 5 should be physically active throughout the day for growth and development (CDC, 2025). Adhering to children's respective abilities and cultural preferences is essential for developmentally appropriate practice. Simple yoga moves can be easily modified for children with differing physical capabilities. Using tools such as a yoga block can also assist young learners as they try to demonstrate poses. This lesson can also be quickly modified to focus more on stretching techniques, rather than the practice of yoga. Yoga may be controversial in some belief systems and

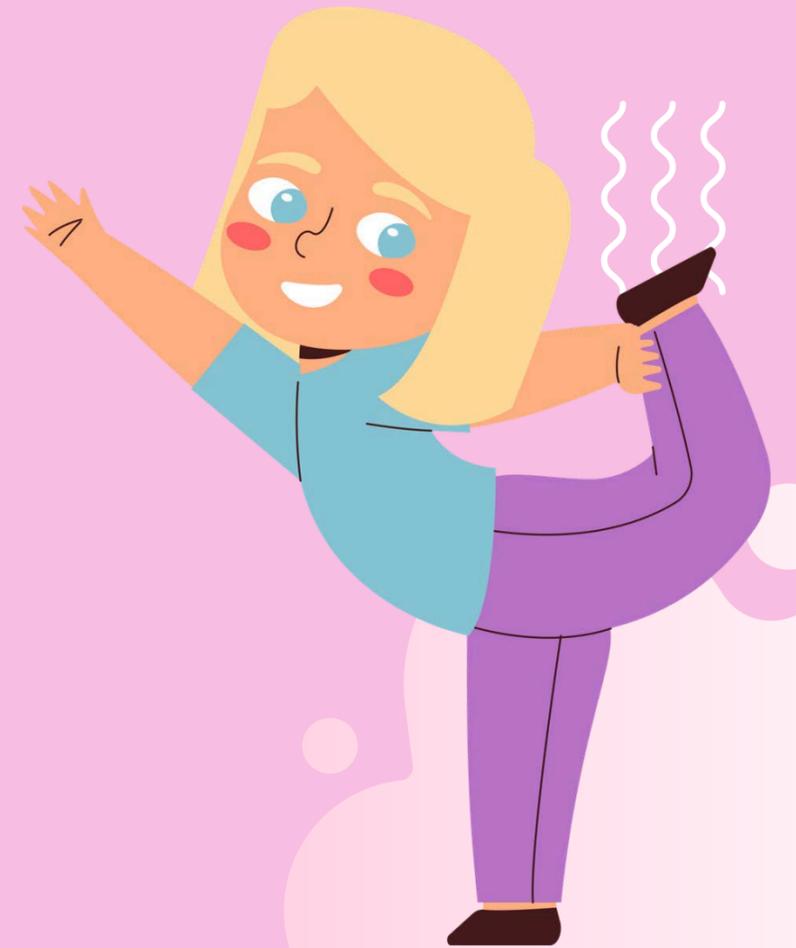
religions and as an educator, it is important to recognize that. Adapting to accommodate students with differing beliefs can greatly increase the quality and effectiveness of the lesson.

## Work Cited

“Child Activity: An Overview.” *Centers for Disease Control and Prevention*, Centers for Disease Control and Prevention, Dec. 2025, [www.cdc.gov/physical-activity-basics/guidelines/children.html](http://www.cdc.gov/physical-activity-basics/guidelines/children.html).

Brook McGuigan - Edu 111

# YOGA FOR YOUNG CHILDREN



# Why?



- Flexibility
  - Strength
  - Awareness
  - Self-Control
- (Marotz, 2024)



# Physical Wellness

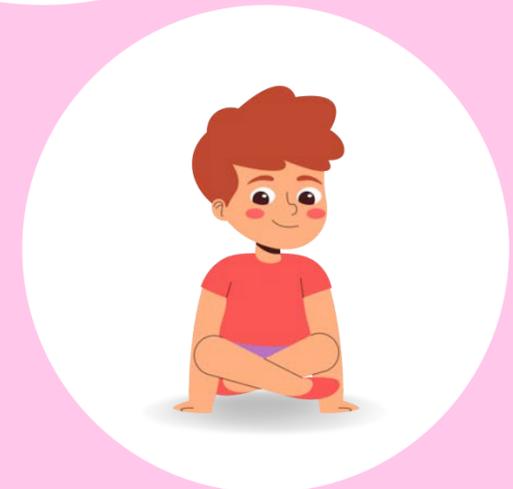
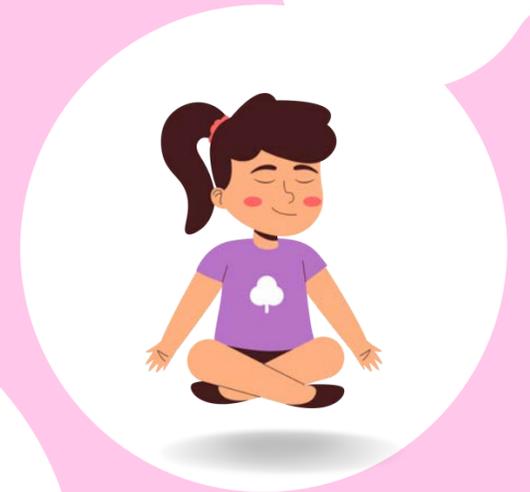
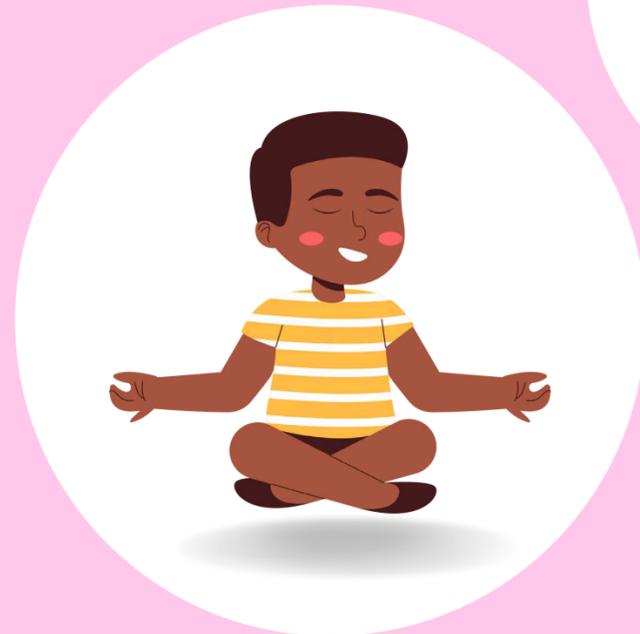
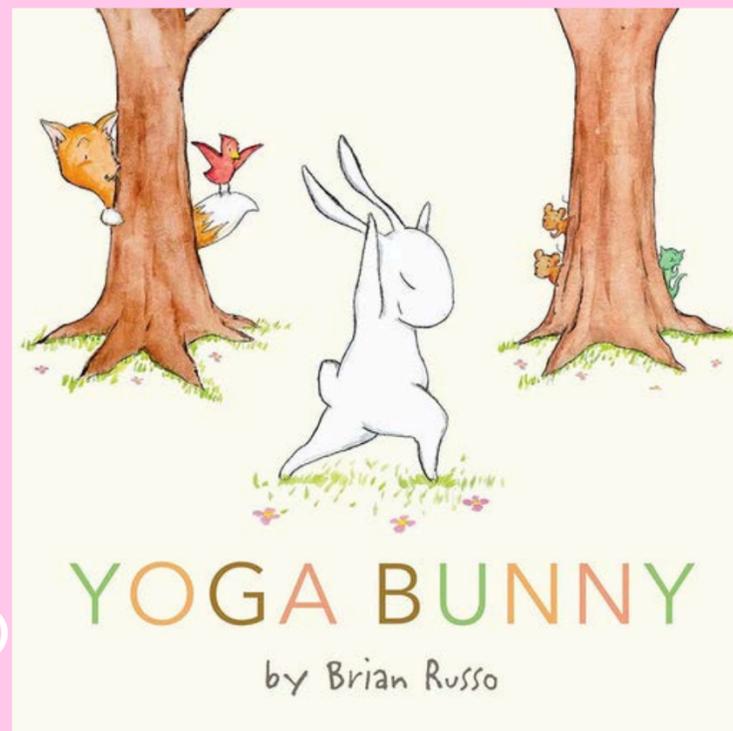
Children have an innate desire to **MOVE!**

- Consistent physical exercise is essential for young children's growth and development (CDC, 2025)
- Habits start early
- Developmental impact



# Teaching Yoga

- *Yoga Bunny* by Brian Russo
- Child-friendly poses
- Associate poses with already identifiable subjects (ex: frog pose, dog pose)



**THANK YOU**

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weekly newsletter

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