

40 HOMESCHOOL YOGA IDEAS

Yoga is a combination of physical postures, breathing techniques, meditation, character education, and healthy living practices. Bring the healthy benefits of yoga to your homeschooling curriculum with these forty yoga-for-kids ideas:



1. Take yoga breaks to either bring calm or help energize (ex: Tree Pose, breathing technique, Downward-Facing Dog Pose).

2. Do guided visualizations on a specific theme (ex. pretend you are at the beach or in the forest).

3. Sit quietly for a few minutes to help focus.

4. Introduce a new theme through yoga poses for kids (ex: rainforest, ocean, jungle).

5. Write in a Gratitude Journal.

6. Take a yoga hike and act out your natural surrounding (ex. tree, mountain, bird).

7. Make yoga a daily five-minute ritual.

8. Create a Homeschool Yoga Club with other local homeschooling families.

9. Play games with yoga cards for kids.

10. Research and discuss the history of yoga.

11. Practice yoga postures for flexibility, strength, and balance (for your PE class).

12. Study anatomy and physiology.

13. Learn another language through yoga (ex. count to ten in Spanish while doing tree pose).

14. Teach and practice breathing techniques to reduce stress (ex. extended exhale, belly breath, or count your breaths).

15. Write your own yoga adventure story.

16. Do partner yoga (ex. massage train, group sit, down-dog tunnel).

17. Write your own positive affirmation statements.

18. Read and act out yoga books for kids.

19. Sign up for a local kids yoga class.

20. Host a yoga party.

21. Go on pretend yoga journeys around the world to learn about geography.

22. Act out kids yoga poses while reading children's books.

23. Take a yoga field trip and act out the animals (ex: go to the zoo, pretend to be a bear, a giraffe, & an elephant).

24. Listen and dance to yoga songs.

25. Play yoga games to develop teamwork and cooperation skills (ex. Yogi says, Yoga Pictionary, Strike a Pose).

26. Do yoga art (ex. make pose cards, take photos of poses, or paint your feelings).

27. Introduce a new yoga posture every week.

28. Practice mindfulness and doing a task fully present in the moment.

29. Take pictures of yoga poses and make a photo book.

30. Celebrate holidays and seasons through yoga poses for kids.

31. Teach the ABCs through yoga poses.

32. Make musical instruments and create your own yoga song.

33. Talk about healthy living and make changes to your life.

34. Choose an environmental issue & take action.

35. Celebrate Earth Day every day.

36. Do lessons on gratitude, kindness, compassion, honesty, and happiness.

37. Invent new yoga poses.

38. Count while holding a pose.

39. Look for patterns in the poses.

40. Find yoga pen pals (ex. create a yoga sequence & share it with a homeschool family in another country).

