



Learn With Yoga ABC Yoga Cards for Kids (Yoga Cards)

Christine Ristuccia

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Learn With Yoga: ABC Yoga Cards for Kids combines the restorative and calming benefits of yoga with the powerful techniques of learning through movement.

This is the **only** kids yoga deck to **combine yoga and learning** in one resource!

This set of cards is an innovative combination of yoga postures and language development activities written specifically for preschool to early elementary aged children. This is the only kids yoga deck to combine yoga and learning

ABC Yoga Cards for Kids blend the calming, restorative, and stimulating aspects of yogic movements with targeted developmentally appropriate learning goals. Research shows that learning is significantly enhanced when movement is a part of the activity. Movement engages the senses and stimulates brain activity. The more the senses are engaged, the more learning occurs, and the information learned is better retained. Since yoga engages the body in the broadest range of movements, it is one of the most ideal disciplines to affect productive learning.

As an individualistic and non-competitive exercise, yoga, unlike many other games and sports for children, allows all individuals the opportunity to participate. Participation in yoga has a variety of benefits for children including: Builds confidence and self-esteem Increases physical flexibility (required by all sports) Raises awareness of the importance of good health and posture Promotes effective techniques (such as breathing) for managing stress.

ABC Yoga Cards for Kids are beneficial to educators, therapists, yoga instructors and parents.

Educators, including specialists, can use *ABC Yoga Cards for Kids* to integrate yogic movements within their educational curriculum. The cards facilitate a wide range of movements and can be applied to a broad set of associated learning goals, including vocabulary development, phonemic awareness, basic concepts, sequencing skills, comprehension, and direction following. Use for sponge activities and short classroom breaks.

Therapists, including physical, occupational and speech therapists will find the cards exceptionally useful to meet many of their treatment goals, including working with children with sensory issues, autism spectrum disorders, attention deficit disorders (ADD & ADHD) and general language delay.

Yoga instructors can use the *ABC Yoga Cards for Kids* to introduce yoga to children and to practice various movements of yoga. Each of the yoga cards offers child-friendly poses with ties to specific educational and language activities. Students will not only receive the calming and restorative benefits of yoga, but they will be learning as well!

Parents can use *ABC Yoga Cards for Kids* to create a calming exercise sequence and also support early learning activities for preschool and primary educational goals. These exercises and activities are something the whole family can do together.

And lastly, but most importantly, students reap the benefits of the combined learning activities and yoga

exercises.

There are 26 paired cards (52 Cards in all), each has a yoga posture corresponding to a letter of the alphabet. Each posture is comprised of a pair of cards, one for the child and one for the adult. Each pose contains:

- A large (5" x 7") colorful illustration of the pose.
- Benefits of the posture
- Verbal cues to correctly form the posture.
- Matching instructor card
- Pre-literacy questions (such as alphabetic principal, phonemic awareness and syllable segmentation)

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