

# Yoga for Children

## Fact Sheet 5 - Teaching Yoga to Children with Special Needs

1. Please note that sometimes children with special needs benefit more from a few private sessions before joining a group class.
2. Every child is an individual and it is the same for children with special needs. Within each category of special needs there are differences, so assess the individual needs of each child and cater to those needs in your yoga class.
3. Depending on the level of special needs or level of functioning of the children, you may need specialised knowledge and training.
4. Room set up and layout is important.
5. Ensure you can see each child and they can see you.
6. Minimise distractions in the room.
7. Adjust your language to make it easier for children to process information.
8. Slow down the speed of your delivery to help with processing speeds.
9. Model the movements yourself.
10. Ensure voice volume is loud enough for everyone to hear.
11. Employ good classroom management strategies.
12. Use teaching skills to be engaging and maintain children's focus.
13. Choose topics that the children are interested in.
14. Using themes to teach poses will help with engagement.
15. Keep numbers in the group small - 6 is a good size.
16. Have assistants on hand to help or use the classroom teacher or teaching assistants to help.
17. Upskill yourself in how and what to teach children with special needs.
18. Structure is important for children with special needs. Use an appropriate class structure and stick with it.
19. Due to the smaller class sizes for children with special needs, the rate per class per child will be higher.
20. The use of props and visuals help children with cognitive processing delays.
21. Learn as much about the child/children as you can before the class.
22. Find a mentor who can offer help and advise as you get started.