

Yoga for Children

Fact Sheet 6 - Classroom Management

1. Classroom management is a system that can be learned and it is important to spend the time to learn it if teaching children.
2. Use techniques to calm and quieten the class from the beginning.
3. Make sure you can see everyone in the room.
4. Make sure everyone has enough space to do their yoga practice.
5. Set up the mats for the least disruptions.
6. Set up a classroom management system and stick to it.
7. Use rules to enforce behaviour.
8. Maintain eye contact the whole time.
9. Walk around the room.
10. Use assistants whenever possible to help.
11. If you are teaching in a school, the classroom teacher will always be there to help.
12. The more engaging you are, the less disruptions you will have.
13. Use variety for engagement.
14. Upskill yourself in teaching methods that are fun and engaging for children.
15. Don't teach yoga to children the same as adults. This includes teens.
16. Assist other teachers to learn from others.
17. Be aware of children sitting together that may be disruptive.
18. Separate any siblings or children that disrupt the class.
19. Maintain control of the room from start to finish.
20. Keep control of the room during games or partner activities.
21. Use techniques to regain attention if the class attention is distracted from you.
22. Tailor the class for the age group. What works for teens won't work for tweens.