

Fun At Home Yoga and Movement Activities for Students who are Blind or Visually Impaired

What is yoga?

- For our purposes, yoga is a practice of simple movements that incorporates breathing to provide a safe and fun form of exercise!
- For us, yoga is NOT religious or spiritual.

Why practice yoga and movement activities at home?

- Yoga and movement activities are Safe, Fun, and Effective!
- Increases rec/leisure skills (by practicing exercises)
- Increases self-determination (by doing exercise at least once/week for 12 weeks)
- Increases body and spatial awareness (by identifying body parts and pairing movements in a fun, motivating activity).
- Increases leadership skills (have the student show you the poses once they know them, or have them choose the poses they want to do).

Yoga Sequences We Might Have Practiced in Class:

[Animal Adventure Yoga Sequence](#)

[5 Minutes to Calm Yoga Sequence](#)

[Sun Salutations](#), Yoga with Kassandra (not me!)

RESOURCES:

Music: [Children's Yoga & Meditation Songs](#), Shakta Kaur Khalsa

Music from "Happy" & "Cozy" CD's [on a YouTube Playlist](#), Shakta Kaur Khalsa

[Karma Kids Yoga](#), YouTube Playlist

[Go Noodle](#), on YouTube

What should I practice?

Age:	Length of Time:	Objective:	Videos:
0-3	5-10 minutes, baby on or around parent.	Increase movement. Bonding. Have fun!	Mommy & Me Yoga, Kassy Maloney Game: Going on a Bear Hunt, Kassy Maloney
3-5	5-10 minutes, child performing moves	Increase movement. Increase spatial awareness. Fun activity!	Silly Animal Yoga, Kassy Maloney Mommy & Me Yoga, Kassy Maloney Cosmic Kids Yoga , YouTube Channel
6-12	10-25 minutes	Increase movement & spatial awareness. Increase leadership skills. Fun activity!	Silly Animal Yoga, Kassy Maloney Cosmic Kids Yoga , YouTube Channel Games: Yoga Story-Have them write a story using animal poses, then practice the sequence. Pick a Pose: Create cards that have yoga poses written or brailled on them. Have the child pick a card and practice the poses.
12-18+	5 minutes for a yoga break, or up to 45 minutes.	Increase exercise and rec/leisure. Improve movement abilities.	Yoga for Teens, Yoga with Adrienne Yoga for Teens, Wanderlust