

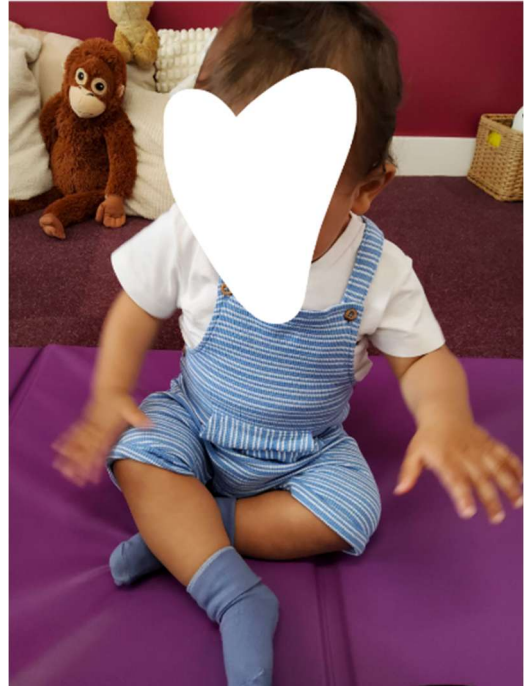


News Story – International Yoga Day

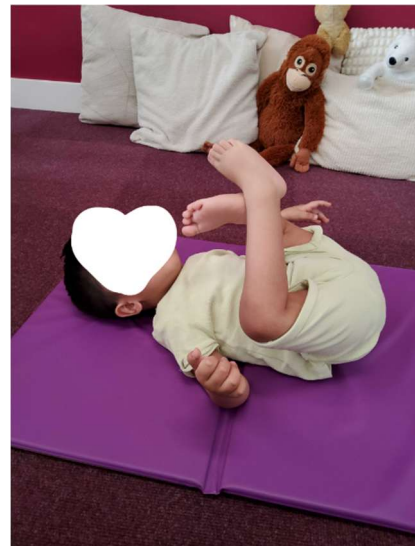
Babies

Today we celebrated International Yoga Day with the babies. The babies had a wonderful time exploring different yoga poses on the mat. It was a joy to see their curiosity and excitement as they tried new movements.

During circle time, we introduced the children to a calm and peaceful environment by playing relaxing sounds and encouraging simple meditation. To help set the mood, we turned off the main lights and used soft mood lighting to create a soothing space for the children to unwind.



We also practiced some fun breathing exercises with the babies. They had a great time trying them out and found it all very amusing. It was a beautiful day of mindfulness, movement, and laughter. We're so proud of how engaged the children were and look forward to bringing more moments of calm into our daily routines.





Toddlers



In celebration of Yoga Day, the toddlers have been learning about what yoga is and how it helps the body and mind to relax.

Yoga is a physical activity that incorporates physical poses, meditation, and breathing exercises. We have also been practicing the different yoga poses on a mat, allowing the children to improve focus, strength, and increase flexibility. Also, yoga helps the toddlers develop body awareness, improve motor skills, and build confidence.

The toddlers have really enjoyed copying the different yoga exercises, helping not only their physical development to improve, but also their gross motor skills as they are using their arms and legs to move. This activity allowed the toddlers to build on their self-confidence and be able to express themselves through exercise.





Pre-School

Today children have been learning about International Yoga Day at circle time. The children followed simple instructions as they watched yoga on the computer and followed it step by step.



We also talked about how important it is for us to take care of our health such as eating healthy foods that are good for our body and doing daily exercise to keep us healthy and fit.

Children made different body movements, children placed both their hands on the carpet, children laughed and giggled as they continued with different yoga movements.

