



JESSICA MCILVEEN
presents
KIDS YOGA THERAPY

FOCUS AND CONCENTRATION



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The following are the props used in these exercises that can be purchased from anywhere that sells yoga supplies: yoga mat, cards.

It is really important if we want our child's brain to feel empowered, strong and confident that they build and develop the ability to focus and concentrate when feeling a little stressed and anxious. We can do this through the body using yoga.

In the previous video we worked on how to push past the thresholds when the body wants to give up, and now we are going to take that further once your child has had some practice in doing that. This is what I like to call instruction building.

Again ask the child to choose a card of the pose they would like to do next.

Warrior Pose

This is a perfect pose for concentration and focus. As you instruct them, go into the pose yourself then use the following dialogue:

"Can you face me and lift your right leg. Do you know which one is the right leg?"

"Good, now can you lift it up and wiggle it"

"Can you place it to your side so your toes are facing out in that direction" (*point out from your side*)

"With your front leg can you bend your knee"

"Looking at the card, what's she doing with her arms"

Child puts arms straight out



“They are straight aren’t they?”

“We are pointing our fingers, are your arms feeling nice and strong? Let me see”

Lean over and gently push down on their arms

“Ooh they are strong”

“So we have strong arms, we’re bending our knee, relaxing our shoulders, now can you wiggle all of your toes and your fingers?”

“Can you wiggle your fingers and your toes at the same time”

“Can you wiggle just your big toe, that’s it”

“Now can you wiggle your toe and your fingers”

“And can you poke out your tongue”

“Wiggle your fingers, wiggle your toes and say I am strong, I don’t give up”

“Can you wiggle your toes again?”

“Poke out your tongue”

“And without moving your head just with your eyes look up to the sky”

“Poke out your tongue”

“Give me a big smile and a big laugh”

“OK arms out strong”

“We don’t have long to go now, you’re doing so well”



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"I can see how strong you are"

"Wiggle your toes, wiggle your fingers, poke out your tongue, smile, and look up to the sky"

"You did it"

The idea of instruction building is to have three focus points within the body. Again we are creating that connection with the body while also creating awareness of different body parts and focus points.

Often when adults get into a yoga pose they want to be there longer than 5 seconds, however that is boring for children. So we bring awareness to different key areas, usually the toes and the fingers. We poke out our tongue because the tongue has a lot of sensory ability. We look up because the eyes have the ocular nerve that attaches to different parts of the brain, so it is activating different areas and extending that focus out.

I recycle the instructions over and over again because it gets boring if you just focus on one thing. For really hyperactive children and those who have a lot of thoughts going on in their minds they need that constant instruction in order to come back to their body. This is because when their mind is given enough silent space it disappears and is not connected with their body, and that is really the goal here.