

# Habit Kraft

## Yoga Suite

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### SAMPLE

#### 1. Stronger Body – Active, Healthy & Flexible Children

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##### Overview:

This session focuses on developing foundational health, strength, and immunity in children, laying the groundwork for their physical well-being. Through engaging and age-appropriate exercises, yoga poses, and healthy practices, this session aims to enhance strength, boost the immune system, and promote overall physical health. The activities are designed to help children build resilience and foster habits that support a lifetime of wellness.

Each session follows a similar structure, with content that may vary to focus on different aspects of physical health, such as improving strength, flexibility, stamina, and immune support, ensuring continuous growth and development.

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##### What's Covered:

- **Physical exercises** and movements aimed at increasing strength, flexibility, and overall fitness.
- **Immunity-boosting practices**, such as yoga poses and discussions on health habits, to enhance the body's natural defenses.
- **Fun, interactive activities** that encourage children to build physical strength and improve their health in an enjoyable way.
- **Nutritional guidance** and tips on eating foods that support immunity and strength development.

##### What Are the Benefits:

- **Improved physical strength** through fun exercises and movement, helping children become stronger and more active.

- **Enhanced immunity** by integrating simple practices and habits that promote a healthy immune system.
  - **Increased energy and vitality**, allowing children to stay active, engaged, and energetic throughout their day.
  - **A foundation for lifelong health**, equipping children with habits and skills that contribute to long-term wellness and well-being.
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## Sample Session Structure (60 Minutes)

### Introduction (5 mins):

- Introduction to the day's session: "In today's session, we'll focus on strengthening our bodies, improving our immunity, and developing healthy habits to keep us strong and active!"
- Set the intention for the session: "We'll explore how moving our bodies and eating healthy foods can help us stay strong and healthy every day."

### Warm-Up (10 mins):

- **Gentle Stretching:** Begin with light stretches to loosen up and prepare for physical activity.
- **Breathing Exercises:** Teach basic breathing techniques to help focus energy and promote calmness before engaging in exercise.
- **Movement Game:** A fun, interactive game (e.g., "Simon Says" with physical movements) to engage children in physical activity while warming up.

### Core Practice (35 mins):

#### 1. Strength-Building Exercises (10 mins):

- **Animal Movements:** Fun, playful exercises such as bear crawls, frog jumps, and crab walks to help build strength, flexibility, and coordination.
- **Yoga Poses for Strength:** Simple poses like Downward Dog, Warrior Pose, and Plank are incorporated to improve muscle strength and flexibility.
- **Strength Challenges:** Engaging activities like counting jumping jacks or squats to help improve stamina and endurance.

#### 2. Immunity-Boosting Practices (10 mins):

- **Yoga for Immunity:** Introducing poses like Child's Pose, Cat-Cow, and Butterfly to relax the body and stimulate the immune system.
- **Healthy Habits Talk:** Teaching children about the benefits of healthy food choices, focusing on fruits and vegetables that support immunity.
- **Fun Nutrition Game:** A game where children match foods with their immunity-boosting benefits (e.g., orange with Vitamin C).

### 3. **Physical Activity & Endurance (10 mins):**

- **Obstacle Course or Relay Race:** An engaging activity designed to promote coordination, strength, and agility while having fun.
- **Endurance Challenge:** Activities like running, jumping, or crawling to boost stamina and physical endurance.

### **Cool-Down (10 mins):**

- **Stretching & Relaxation:** Incorporating gentle stretches to cool down muscles and promote relaxation.
- **Breathing Practice:** Teaching children how to practice deep breathing to relax their bodies after physical activity.
- **Closing Circle:** A group discussion where children can share what they learned and enjoyed during the session.

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### **Key Takeaway:**

In this **Stronger Body – Active, Healthy & Flexible Children** session, children will actively engage in fun exercises, yoga poses, and activities that promote physical strength and a resilient immune system. They will learn how to stay active, build healthy habits, and develop the tools they need for long-term wellness. Through enjoyable and educational activities, children will gain a foundation for a healthy future.

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Warm regards,

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