

Habit Kraft

Yoga Suite

SAMPLE

2. Sharper Mind – Focus, Memory & Intelligence Boost

Overview:

This session focuses on improving children's mental clarity and concentration by using mindfulness practices, breathing exercises, and engaging activities. Children will learn how to calm their minds, enhance focus, and develop their ability to stay present. By practicing these techniques, children will improve their attention span and their ability to manage distractions, fostering better performance in academic and personal tasks. The content varies from session to session, focusing on different aspects of mental clarity and concentration, including breathing, mindfulness, and focus-building activities.

What's Covered:

- **Mindfulness exercises** to help children stay present and focused.
- **Breathing techniques** to calm the mind and improve concentration.
- **Focus-building activities** to help enhance attention span and mental clarity.

What Are the Benefits:

- **Improved concentration** and focus on tasks.
 - **Clearer thinking** and better decision-making.
 - **Reduced stress and anxiety**, helping to foster a calm, balanced mindset.
 - **Better emotional regulation**, enabling children to manage their feelings effectively.
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Sample Session Structure (60 Minutes)

Introduction (5 mins):

- Introduction to the session's focus on improving mental clarity and concentration.
- Brief discussion on the importance of concentration for school and daily life, helping children understand the benefits.

Warm-Up (5 mins):

- **Gentle Breathing Exercises:** Focus on deep breaths to calm the body and mind.
- **Body Awareness Check-In:** Briefly check in with how the body feels in the present moment, fostering awareness and relaxation.

Core Practice (40 mins):

1. Mindful Breathing (10 mins):

- Teaching children to focus on their breath, using deep breathing to calm their minds and improve concentration.
- **Mindful Listening:** A simple exercise that helps children focus on sounds in their environment, enhancing their awareness and focus.

2. Concentration Games (15 mins):

- Fun games and activities designed to improve attention span and concentration, such as memory games or puzzles.

3. Mindful Movement (10 mins):

- Movement exercises to help children stay present, enhancing focus through purposeful stretching and awareness of body movements.

Cool-Down (10 mins):

- **Relaxation Exercise:** A guided relaxation session to help children wind down, calming both body and mind.
- **Reflective Breathing:** A final focus on deep breathing to help children reflect on their session and promote relaxation.

Key Takeaway:

In this **Sharper Mind – Focus, Memory & Intelligence Boost** session, your child will practice effective techniques to enhance their concentration and mental clarity. By engaging in mindfulness exercises, breathing techniques, and concentration-building activities, they will learn how to stay focused, reduce stress, and improve their overall mental well-being.

Warm regards,

AJEET YADAV

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