

# How Yoga and Meditation Can Benefit Your Child's Mental Health?

By Angel Bear Yoga



Yoga has various mind and body benefits for children. Yoga aligns the mind and body together. Yoga teaches how to meditate. It also includes body movements, and deep breathing techniques. It creates balance in mind and body. Yoga makes you and your kids healthy inside out. Children, adults, and seniors, yoga benefits all.

Yoga is good for children as it develops both their minds and body. With yoga, your children are calmer, and focused. In this article, we will discuss the benefits of yoga to your child's mental health.

## Table of Content:

### [Mental Health Benefits of Yoga for Children](#)

1. [Calmer and Relaxed Children](#)
2. [Brings Peace of Mind](#)
3. [Improves their Memory and Focus](#)
4. [Aligns Body and Mind](#)
5. [Mind and Gut Connection](#)
6. [Reduces Stress and Anxiety](#)
7. [Leads to Better Sleep](#)
8. [Develops Self-esteem, Confidence, and Empathy](#)

9. [Better Self-Control](#)

10. [Improves ADHD Symptoms](#)

11. [Helps with Eating Disorders](#)

[How to Start Your Kids on Yoga?](#)

[Final Thoughts](#)

## **Mental Health Benefits of Yoga for Children**

Today, yoga is essential for children to combat stress, anxiety, and other issues. Yoga also helps autistic children and those with ADHD. Here are some of the mental health benefits of yoga for children.

### **1. Calmer and Relaxed Children**

Yoga for children is not demanding and harsh. It is an easy and fun way to be fit. Regular yoga makes your children strong in mind and body. Your children do yoga poses for the body. They meditate for the mind benefits. Yoga helps with their body movements. It also helps your kids manage emotions better. Doing yoga releases feel-good hormones in the body. These soothe your children's minds. With yoga, your children feel happier, and calmer. Your children are more relaxed and content. Happier, and calmer children grow into confident, and well-adjusted adults.

### **2. Brings Peace of Mind**

Yoga teaches mindfulness. It also teaches how to meditate. Yoga teaches your kids to be in the present. Yoga teaches your children precious coping skills. All these skills benefit your children. Yoga uplifts your children. It provides them with peace of mind.

### **3. Improves their Memory and Focus**

Yoga helps improve focus in children. Doing yoga also raises the attention span of children. Yoga clears the mind and improves focus in children. Doing yoga reduces stress and anxiety as well. A clear and calm mind improves memory too.

### **4. Aligns Body and Mind**

Yoga connects the body and mind of your children. By doing yoga, your children become self-aware. They learn to manage their emotions better. They become less impulsive. With yoga, your children become more mindful. They learn to be in the present. Doing yoga regularly alters the brain. The changed brain functioning improves focus. It raises self-esteem in your children. Regular yoga improves the mental well-being of your children.

### **5. Mind and Gut Connection**

Yoga nudges your children to have a healthy lifestyle. It teaches your children to care for their bodies. Your children eat more veggies and fruits. Your kids opt for healthier food choices. They also avoid eating junk foods. Dr. Emeran Mayer in his book states

that a healthy gut leads to healthy minds. A plant-based diet heals the gut. A healthy gut is great for the body and mind. A healthy gut leads to a happier mindset. It also reduces mental issues like anxiety and depression.

## 6. Reduces Stress and Anxiety

Yoga teaches deep breathing techniques. Gentle yoga poses relaxes the muscles. Doing yoga relieves tension from the body. Yoga teaches us to be in the present, It makes your children more mindful. Doing yoga clears your children's minds. It calms them and reduces anxiety.

**Click here to know more about how yoga helps deal with [anxiety in children](#).** The result is happier, calmer, and more relaxed children.

## 7. Leads to Better Sleep

Sleep disorders affect children too. Lack of sleep has an adverse effect on a child's mental health. Your children do not get enough sleep due to many reasons. The pressure of studies is a reason. So is more screen time on TV and mobiles. Yoga relaxes and calms the mind. Limit the screen time of your kids. Ask them instead to do yoga before going to sleep. Doing simple yoga poses before bedtime improves their sleeping patterns. Your children get good sleep and wake up refreshed. They are more alert, and self-aware. They do well in school and sports as a result.

## 8. Develops Self-esteem, Confidence, and Empathy

Yoga is the perfect vehicle for social-emotional learning for children. Yoga helps children have better control over their bodies and minds. Doing yoga boosts your child's mental health. Their mind and body strength increases. It also improves their sense of balance. With yoga, your children regulate their feelings and emotions. Doing yoga boosts your children's self-confidence. Your kids develop self-belief. Regular yoga with other children teaches them to help each other. Children help each other while doing complex yoga poses. It teaches them about their and others' physical limits. Your kids learn to put themselves in others' shoes. They try to make sense of what others are feeling. It raises empathy levels in your children. It makes your children socially aware. They relate to others well. Your children develop strong bonds with family and friends alike.

## 9. Better Self-Control

Yoga teaches your kids to be mindful. Yoga teaches deep breathing techniques and gentle body poses. It leads to higher levels of self-control. Your children manage their emotions better. They become less impulsive. Your children take better decisions for themselves too. Your children are better behaved too, both at home, and at school.

## 10. Improves ADHD Symptoms

Research in 2015 found that yoga improves ADHD symptoms. Doing yoga reduced anxiety in ADHD-prone children. With yoga, these children were less impulsive and hyperactive. A different year-long study in India on 69 children confirmed that. These children also did better in school and improved their grades.

## 11. Helps with Eating Disorders

Yoga helps with eating disorders too. Doing regular yoga improves self-esteem in children. It leads to a positive body image. It also reduces stress and anxiety that trigger eating disorders.

## How to Start your Kids on Yoga?

Here are some of the ways to start your kids on yoga.

1. Explain the yoga concepts in a simple way. Do it together with your children. Children always follow their parents and will continue doing yoga.
2. Tell your kids the benefits of yoga. Add simple words like calm, focus, strong and happy.
3. Combine stories with yoga. Make it playful for your kids. Teach them fun [animal yoga poses](#).
4. Create a game out of your kids' yoga poses. Add simple games and contests to your kids yoga. It makes yoga fun for children. Your children look forward to doing yoga.
5. For online kids yoga training Mumbai, contact ABY (Angel Bear Yoga). It is a yoga teacher training program. Here you learn [how to teach children yoga](#). It is a green-themed yoga program. You learn how to connect to children and teach them yoga. It teaches how to help children regulate their emotions. You also learn to teach children about empathy, and being kind, and caring towards all.

## Final Thoughts

Yoga has proven health benefits for your kids. Yoga aligns body and mind together. Yoga is essential for your child's mental health and well-being. With yoga, your children become self-aware. They manage their emotions and feelings better. Your kids develop empathy, and care for others. With yoga, your kids become happier and content.