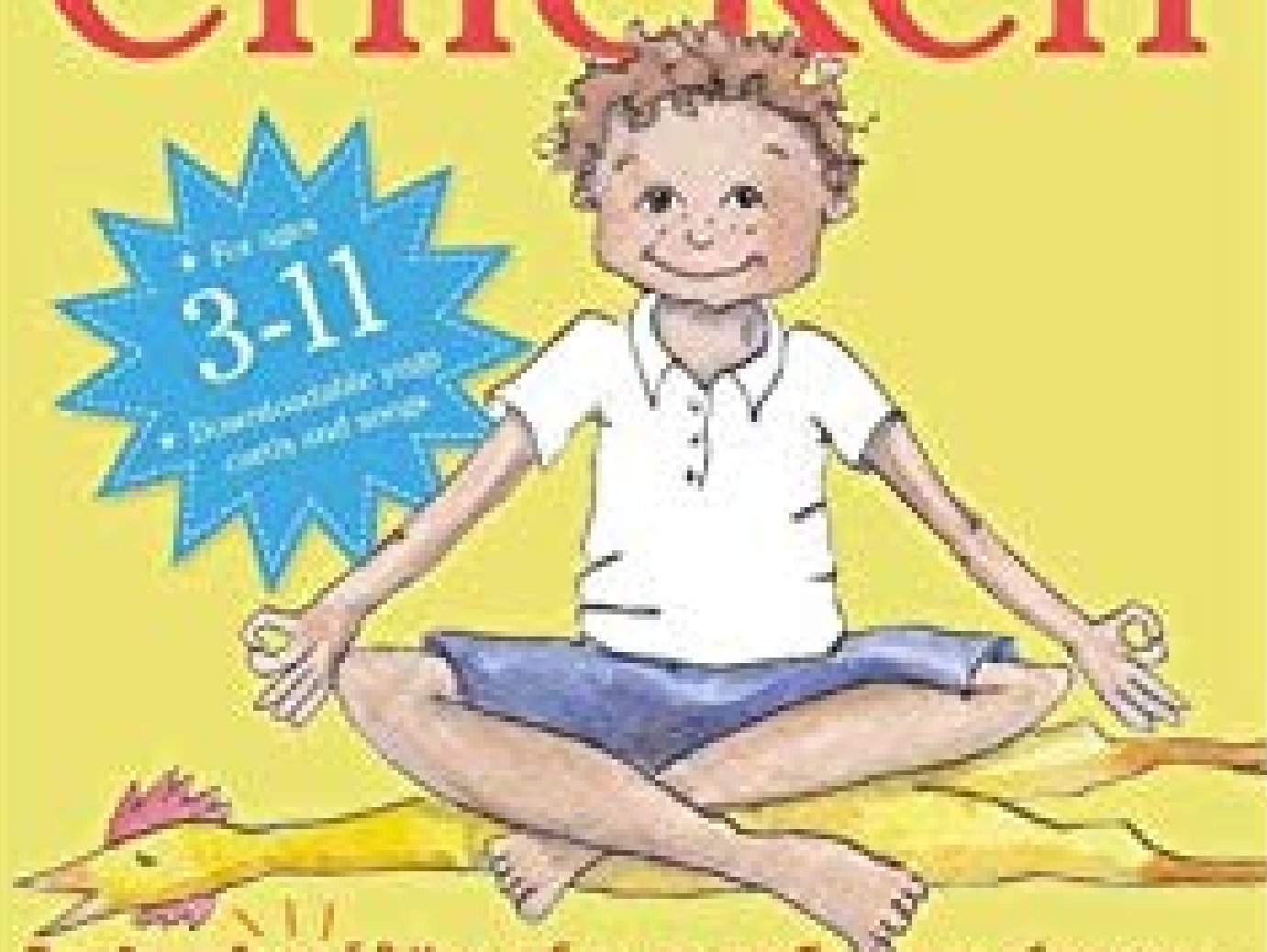


Michael Chissick

Illustrated by Sarah Peacock

Sitting on a Chicken



THE BEST EVER 52 YOGA GAMES TO TEACH IN SCHOOLS

Michael Chissick

Sitting on a Chicken: The Best (Ever) 52 Yoga Games to Teach in Schools



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The best way to teach yoga to children has been games. With 52 lively, easy-to-follow yoga games requiring no previous yoga exercises experience, this reserve will enable you to help children become better listeners, take responsibility, gain self-control, improve behaviour, become assertive and improve self-esteem and confidence. He explains the perfect yoga lesson framework to transform your children's behaviour: you will learn which games to teach, when to teach them and how exactly to teach them, and how the additional benefits of improved co-ordination, flexibility, fitness, self-calming and rest can be accessible to all children regardless of impairment, need, culture, shape, mood or size. Within these pages Michael Chissick provides distilled almost twenty years' connection with teaching yoga to children aged 3-11 in mainstream and special needs schools.



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The beautiful illustrations by Sarah Peacock are cheerful, understandable and simply make you happy! I discovered Mr.. I'm using this to greatly help me create a summer camp program for kids, ages 4+.. Chissick awhile back when I reviewed Seahorse's Magic Sunlight Sequence, how all children (and sea creatures) may use yoga exercise to feel positive, self-confident and completely included. Chissick is very imaginative and has generated some very primary, fun-filled yoga video games that teach mindfulness.. It has been invaluable! I was so excited to get my copy of Sitting On A Chicken, The Best Ever Yoga Games To Teach In Institutions by Michael Chissick.. I'm in the us, nonetheless it translates well for me personally (not language-wise, but school structure-wise). What I love most about his work is his focused interest on how best to make actions wholly inclusive. In Seated On A Poultry, using clear lesson programs, filled with intentions and learning objectives, Michael shares highly available yoga and mindfulness games to implement into your classrooms. Mr. The Best Ever Yoga Games TO INSTRUCT In Universities by Michael . These video games are designed to be all inclusive to make sure "that all kids are included regardless of needs, culture, shape, feeling or size". I possibly could not state that any better!! highly recommend this book. It can be utilized by anyone from parents to teachers to childcare employees who are searching for fun, enjoy centered methods to bring yoga and mindfulness to all or any kids and with added ingenuity can be adapted for all age ranges and all requirements.I'm using this to help me create a summer camp .Full Disclosure: The publisher sent me a copy of the book. All views are my own.



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