

Progress Monitoring Probe 10

Yoga for Kids

What's your favorite type of exercise? For many kids, it's soccer, basketball, tennis, swimming, or maybe pressing the buttons on a computer game, but another form of exercise that's becoming more popular is yoga.	10
Yoga is a great way to exercise the whole body, regardless of your physical ability. Yoga exercises consist of poses, or postures, that help strengthen, stretch, and tone the body. In addition, they promote balance and relaxation.	18
No special equipment is required to practice yoga. Some people use exercise mats, but you can always use the bare floor and a towel. When practicing yoga, you should wear comfortable clothes such as tights or shorts and a loose shirt.	29
You can purchase or check out books and videotapes that teach the basics of yoga, or you can attend a class. The best way to learn yoga is from an experienced instructor who enthusiastically practices yoga.	34
If you were to attend a yoga class, you might begin by warming up with some gentle stretches. Next, you might do special work poses such as the "tree pose." In this pose, you stand on one leg with the foot of the other leg placed on the inside thigh of the standing leg. Then you slowly raise your arms above your head, placing your palms together.	46
Some poses may be sitting or squatting poses, or you might lie on your back with your legs stretched over your head. Some yoga poses may look strange, but they feel great, like a nice long yawn.	55
Breathing deeply and steadily is quite important in yoga, because it helps you stretch your body and relax into the poses.	65
	71
	80
	92
	102
	112
	122
	136
	145
	148
	160
	170
	182
	196
	208
	215
	226
	238
	251
	252
	261
	273

Yoga for Kids (Continued)

Speaking of relaxing, an essential part of a yoga session is lying still and quiet for several minutes at the end. "Allow your body to melt into the floor," a yoga instructor might say. This is a time of rest and making room for the calm, silent part of us that sometimes gets lost in the noise of everyday life. No wonder this is the most popular part of a yoga session!	285
	297
	311
	324
	336
	345

Total words: _____ errors: _____ = words correct: _____

Yoga for Kids

What's your favorite type of exercise? For many kids, it's soccer, basketball, tennis, swimming, or maybe pressing the buttons on a computer game, but another form of exercise that's becoming more popular is yoga.

Yoga is a great way to exercise the whole body, regardless of your physical ability. Yoga exercises consist of poses, or postures, that help strengthen, stretch, and tone the body. In addition, they promote balance and relaxation.

No special equipment is required to practice yoga. Some people use exercise mats, but you can always use the bare floor and a towel. When practicing yoga, you should wear comfortable clothes such as tights or shorts and a loose shirt.

You can purchase or check out books and videotapes that teach the basics of yoga, or you can attend a class. The best way to learn yoga is from an experienced instructor who enthusiastically practices yoga.

If you were to attend a yoga class, you might begin by warming up with some gentle stretches. Next, you might do special work poses such as the "tree pose." In this pose, you stand on one leg with the foot of the other leg placed on the inside thigh of the standing leg. Then you slowly raise your arms above your head, placing your palms together.

Some poses may be sitting or squatting poses, or you might lie on your back with your legs stretched over your head. Some yoga poses may look strange, but they feel great, like a nice long yawn.

Breathing deeply and steadily is quite important in yoga, because it helps you stretch your body and relax into the poses.

Speaking of relaxing, an essential part of a yoga session is lying still and quiet for several minutes at the end. “Allow your body to melt into the floor,” a yoga instructor might say. This is a time of rest and making room for the calm, silent part of us that sometimes gets lost in the noise of everyday life. No wonder this is the most popular part of a yoga session!