

Story Yoga in Early Childhood Education

The purpose of this thesis is to introduce story yoga as one of the physical activities to be used in the early childhood education. The objective of this study was to help children to calm down and relax, bring joy and learn different forms of expressions in doing physical activity workshops in a small group, to help and support general well-being, understanding children`s emotional development, improving self-esteem and positive body awareness.

The research methods used in this thesis were participant observation and semi-structured interview. The participant observation was done by the researcher by taking part in the daily activities with children and interactive approach.

The semi-structured interview was conducted by the researcher to gather information about the story yoga, the benefits of the story yoga and practice how it helps children in their daily life. In addition, the researcher used the brainstorming method to collect ideas and suggestions on how to improve the children`s participation in the activities provided for them.

The results show that story yoga has positive effects on the child`s growth, and how it potentially supports personal, physical, social, and emotional development. By providing different themes and stories children were able to remember simple basic relaxation poses while enjoying the physical activity. Story yoga can be seen as a holistic approach for the child`s well-being.

Judy V.

STORY YOGA IN EARLY CHILDHOOD EDUCATION

[CREATE PAGE](#) [CREATE COLLECTION](#)

(1)

INTRODUCTION



Page

7

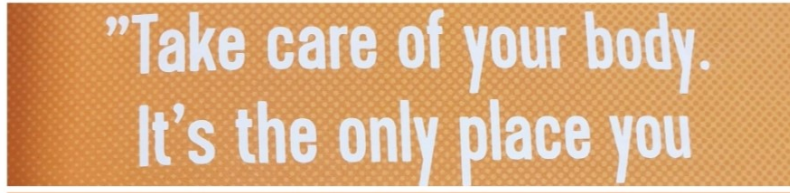
THEORY

Collection



OUR EXPERIENCES

Collection



PROCESS



Page

 11

SOURCES & REFERENCES

Page

 5