



Movement,  
mindfulness &  
emotional  
regulation  
activities for ages  
3–11.

# 25 CHILDREN'S YOGA GAMES THAT WORK

Helping children build confidence, calm and  
connection through movement-based wellbeing.

Created by Lauren  
Founder of Kidz4<sup>TM</sup> Yoga

# WELCOME

Hi, I'm Lauren – founder of Kidz4.

After more than 12 years working in education and wellbeing, including as a Director of Sport within leading independent schools, I saw first-hand how many children were struggling with stress, overwhelm, confidence and emotional regulation.

I also discovered something incredibly powerful:

**When movement, mindfulness, creativity and connection are blended together in the right way, children thrive.**

Today, our wellbeing sessions support children across schools, nurseries and community settings through yoga-inspired movement, emotional regulation activities, mindfulness, storytelling and confidence-building games.

**Inside this guide you'll find simple activities designed to help children:**

- ✓ feel calmer
- ✓ improve focus
- ✓ build confidence
- ✓ regulate emotions
- ✓ connect positively with others

**Most activities can be adapted across ages 3–11.**



**These activities are perfect for:**

- ✓ schools
- ✓ nurseries
- ✓ wellbeing sessions
- ✓ home learning
- ✓ clubs
- ✓ transition moments

### Lauren's Tip:

Children engage best when activities feel playful, imaginative and pressure-free.

# CALM & REGULATION GAMES

## 1. Rainbow Breathing

**Best for:** calming anxious energy

Ask children to slowly draw a giant rainbow through the air using their finger.

Breathe in as the rainbow goes up.

Breathe out as the rainbow comes down.

**Repeat 5–10 times slowly.**

**Why it works:** Combining movement with breath helps children regulate far more effectively than simply asking them to “sit still.”



## 2. Melt Like Ice Cream

**Best for:** calming busy bodies

Children stand tall and stiff like frozen ice cream, then slowly “melt” down towards the floor while taking slow breaths.

Encourage them to move as slowly as possible.

**Why it works:** Slow movement naturally helps reduce overstimulation and tension.



## 3. Feather Breaths

**Best for:** slowing breathing down

Using a feather, scarf or tissue, children gently blow it into the air using long, slow breaths. Challenge them to keep it floating for as long as possible.

**Lauren’s Tip:** Children often respond better to playful breathing than formal mindfulness exercises.



# FOCUS & ATTENTION GAMES

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## 4. The Secret Leader

**Best for:** focus, observation & teamwork

One child secretly leads movements while the group copies.

Another child must guess who the leader is.

Encourage calm, controlled movements.

**Why it works:** This game supports attention, visual tracking and group awareness.



## 5. Statue Switch

**Best for:** listening skills & impulse control

Play calming music while children move around the space.

When the music stops, call out an emotion, character or animal for children to freeze into.

**Ideas include:**

- brave lion
- calm turtle
- sleepy cat
- confident superhero

**Lauren's Tip:** Imaginative movement keeps children engaged far more effectively than repetitive instruction.



# CONFIDENCE BUILDING ACTIVITIES

## 6. Compliment Circle

**Best for:** confidence & connection

Sit together in a circle.

Each child says something kind or encouraging about the person next to them.

**Encourage specific compliments such as:**

- “You helped me.”
- “You were brave.”
- “You made me laugh.”

**Why it works:** Positive peer connection is one of the strongest confidence builders for children.



## 7. Power Poses

**Best for:** resilience & self-belief

**Children stand in strong poses such as:**

- superhero
- warrior
- mountain
- star

**Pair poses with simple affirmations:**

- “I am brave.”
- “I am calm and strong.”
- “I can do hard things.”

**Lauren’s Tip:** Children remember feelings through movement far more than words alone.



# CONNECTION & MINDFULNESS GAMES

## 8. Mirror Movement

**Best for:** empathy & teamwork

In pairs, one child slowly moves while the other mirrors them exactly.

Swap roles after one minute.

**Encourage:**

- slow movement
- eye contact
- calm breathing

**Why it works:** Mirroring activities help children develop emotional awareness and connection.



## 9. Teddy Bear Breathing

**Best for:** relaxation & grounding

Children lie down with a teddy or soft toy placed on their tummy.

Encourage them to watch the teddy gently rise and fall with each breath.

**Lauren's Tip:** Visual breathing techniques are often easier for children than verbal breathing instructions.



# TRANSITION & RESET ACTIVITIES

## 10. Magic Listening Fingers

**Best for:** regaining calm group attention

Ask children to place their “magic listening fingers” on their shoulders, knees or head when they can hear your voice.

Speak more quietly rather than louder.

**Why it works:** Children respond far better to curiosity and playfulness than shouting or repeated instructions.



## Quick Reset Ideas

- ✓ **Shake & Freeze**  
 Shake the whole body for 10 seconds, then freeze completely still.
- ✓ **Lion Breath**  
 Take a deep breath in, then stick out the tongue and roar the breath out.
- ✓ **Hand Tracing Breaths**  
 Slowly trace around each finger while breathing in and out.
- ✓ **Shoulder Squeezes**  
 Gently squeeze shoulders up towards ears, then release slowly.

# LAUREN'S WELLBEING TIPS

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## 5 Things That Help Children Regulate Faster

### 1. Movement Before Stillness

Most children regulate more successfully through movement first – not by sitting still immediately.

### 2. Play Reduces Pressure

Children engage more deeply when wellbeing feels playful rather than overly structured.

### 3. Calm Energy Is Contagious

Children often mirror the nervous systems of the adults around them.

### 4. Repetition Builds Safety

Children feel calmer when activities become familiar and predictable.

### 5. Connection Comes First

Children regulate best when they feel emotionally safe, seen and connected.



# ABOUT KIDZ4

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Kidz4 delivers movement-based wellbeing sessions designed to help children feel calmer, more confident and emotionally regulated through movement, mindfulness and play. Our sessions support children across schools, nurseries and community settings through:

- yoga-inspired movement
- emotional regulation activities
- mindfulness techniques
- storytelling & imagination
- confidence-building games

## Trusted By Schools & Families

- ✓ Over 12 years of education experience
- ✓ Sessions delivered across schools & nurseries
- ✓ Trusted by parents, teachers & wellbeing practitioners
- ✓ Designed to support confidence, focus and emotional wellbeing



### Our Mission:

To help children feel calm, capable and connected through movement-based wellbeing.



# WANT TO TEACH CHILDREN'S WELLBEING PROFESSIONALLY?

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## 40HR Kidz4(TM) Children's Yoga Teacher Training

### Learn how to confidently deliver:

- yoga-inspired movement
- emotional regulation activities
- mindfulness for children
- calming class structures
- wellbeing sessions in schools & nurseries
- confidence-building activities

### Perfect for:

- teachers
- yoga teachers
- parents returning to work
- wellbeing practitioners
- career changers
- activity providers

### Includes

- ✓ School-ready training
- ✓ Lesson structure guidance
- ✓ Emotional regulation techniques
- ✓ Confidence-building support
- ✓ Assessment & certification
- ✓ Community support



**BOOK A CALL TO LEARN MORE**



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