

# ABCs of Teaching Yoga to Kids Reflection

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As you watch the webinar **ABCs of Teaching Yoga to Children** fill in this worksheet for each letter of the alphabet. Consider what you feel are the fundamental skills, attitudes and guidelines when teaching yoga to children? What are your strengths/your weaknesses? How can you be remain open to improving upon your weaknesses while utilising your strengths to greatest advantage?

A	N
B	O
C	P
D	Q
E	R
F	S
G	T
H	U
I	V
J	W
K	X
L	Y
M	Z