



Why Yoga and Kids Go Together

By: PBS Kids

February 2026

What Exactly is Yoga?

Yoga has been around for thousands of years. Yoga is a practice that started in India, and is now very popular in the United States and around the world. It has gained a lot of attention lately — maybe because it is a fun and easy way for both adults and kids to feel healthy and happy.

The word “yoga” means “union” in Sanskrit, the ancient language of India. Quite simply, yoga is the “union” or coming together of mind (thoughts and feelings) and physical body. Many people feel an overall sense of well-being when they practice yoga.

There are many aspects to yoga. In short, yoga is a system of physical exercises or postures (called asanas). These asanas build strength, flexibility and confidence. Yoga is also about breathing (called pranayama), which helps calm and refresh the body and mind. We are going to focus on these basic two aspects of yoga, but there are many other parts to practicing yoga.

Yoga for Kids

Yoga is about exploring and learning in a fun, safe and playful way. Yoga and kids are a perfect match. Here is what children (and adults!) can learn from yoga:

- ♦ **Yoga teaches us about our bodies.** When we practice the physical postures or exercises (called asanas), we learn how to move more freely and with greater ease and awareness. These postures help our bodies become strong and flexible.
- ♦ **Yoga teaches us how to breathe better.** When we breathe deeply and fully (called pranayama) and become more aware, we can bring peacefulness or energy to our bodies.
- ♦ **Yoga teaches us how to use our energy more effectively.** When we practice yoga, we learn how to use the life force energy in our bodies (called prana) to feel more relaxed, focused, or motivated.
- ♦ **Yoga teaches us how to quiet the mind.** When we practice yoga, we learn how to be still. This helps us to listen with attention and make good decisions.

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Please check
Procure updates
every day.
There is
important
information
there!

Also, make sure
your child al-
ways has a
change of
clothes and/or
diapers/pull-ups,
if necessary.

Caterpillars/Buttercup Butterflies



In the month of February, the Caterpillars will continue exploring new things. Exploring the playground, my family, Sensory Exploring Through Texture and Exploring Instruments.

- Meme

The Buttercups will be exploring new experiences through movement, music, language and literacy. They will engage in activities that encourage curiosity, body awareness and self-expression as they move, dance, and explore their environment. We will also focus on hearts and caring, using songs, stories, and simple language activities to build early communication skills while fostering connection and joy in learning.

-Ms. Denisse & Ms. Yaxi

Pixie Butterflies

Happy February Pixie families! This month we will be exploring our world through play, music, and discovery! Our Pixie's will be learning letter sounds through names, shapes, and exploring our senses through with fun sensory bins. We are ready for a fun month!

-Ms. Ashley & Ms. Ayanna



Elf Butterflies



February will be full of fun and learning in our Elf classroom! The children will celebrate Valentine's Day while exploring friendship, kindness, and winter themes through stories, art, music, and hands on activities.

-Ms. China

Julia Butterflies

Hello Julia butterfly families, this month we will be learning about grocery stores. We will learn why and how grocery stores are arranged the way they are, what jobs people do in a grocery store, what special tools and technology people use in grocery stores and how we can get consumers to shop in our grocery stores. We will continue working on letter and number recognition and writing letters and numbers too. Please check your child's file folder daily and return library books every Monday.

-Mr. Kaliq & Ms. Paige





Ms. Ashely H's Birthday—February 7th
CLOSED for President's Day— February 16th
Ms. Megan's Birthday—February 19th
Ms. Denisse's 2 Year Anniversary—February 26th

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- ♦ **Yoga teaches us about balance.** When we practice yoga, we learn to be more aware about the need for balance in our lives. This could mean equal stretching on the left and right sides of our bodies or making sure we balance our very busy time with equal quiet time and relaxation.
- ♦ **Yoga teaches us to be the “boss” of our bodies.** Yoga teaches us to listen to our bodies by modifying or changing poses that are too hard or cause pain. (We will talk about how to modify poses in a later section.)
- ♦ **Yoga teaches us about taking care of ourselves.** Yoga is a great way to move our bodies and feel healthy. And teaching children how to take care of themselves is one way to show love. As with all forms of exercise, a good yoga practice can mean a good night's sleep!

The beauty of yoga is that children can practice alone, with a friend or with a group. Many schools are now teaching yoga to young children, and there are many choices of after-school or weekend classes for kids and their families. Everyone can enjoy yoga – from tots to great-grandparents!

Professional organizations that focus on children also support the idea behind yoga. For example, The American Academy of Pediatrics (AAP) and The National Association of the Education for Young Children (NAEYC) recommend that children should participate in activities that support the development of the whole child. This is exactly what yoga is about!



Marshmallow Heart Craft

By: Engaging Littles

Get ready for a sweet hands-on activity your child will love! Our Marshmallow Heart Craft combines easy, fun creativity with simple learning as children build, count, and explore shapes using marshmallows. It's a perfect way to enjoy quality family time while encouraging fine motor skills and problem-solving—all with materials you likely already have at home. Simple, engaging, and full of heart!

Supplies Needed:

- ◇ Mini Marshmallows
- ◇ Foam Hearts
- ◇ Cardstock
- ◇ Elmer's Liquid Glue



Directions:

- ⇒ Start by gluing a foam heart onto a piece of cardstock.
- ⇒ Outline the heart with glue. (Squeezing glue bottles is great for fine motor practice)
- ⇒ Stick the marshmallows on the glue forming a marshmallow line around the heart.
- ⇒ Let it dry and ENJOY!



Super Supper

Beef
Enchilada
Casserole with
a Salad
Pick up day is:
Thursday,
February 12th.

Quiche:
Ham & Cheese
OR Broccoli &
Cheese
With Fruit
Pick up day is:
Thursday,
February 26th.

\$7.00 each

**Payment is
due before
pick-up.**

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Find us on



Mission:
The Winter Park Day Nursery provides a secure, nurturing and educational environment that is affordable and supports family diversity.

Vision:
The Winter Park Day Nursery will build a stronger community by providing high-quality, affordable early childhood education that will prepare our children to succeed in school and life.

Winter Park Day Nursery is a 501 (c)(3) tax exempt organization.