

How Yoga helps Under 5s with Emotional Regulation



Why Yoga is the Answer

When you're under five the only way to learn is through fun! Music, movement, games, stories, texture, colour, joy and laughter - that's how Alison's little business, Peaceful Play, has been engaging children in the benefits of yoga for 13 years. And these benefits are needed now more than ever:

In July 2025, an Education Policy Institute report highlighted the need for improved provision to teach emotional regulation within early years settings

Yoga makes teaching age-appropriate self-regulation techniques children can use in daily life super fun, engaging and memorable!

With breathwork, mindfulness and cooperative games Yoga improves social and emotional wellbeing, weaving in super fun ways to learn how calm feels and how to find it when you need it.

Whilst the physical poses and movements bring improved focus and concentration, self-confidence, core strength and balance, as well as improving gross motor skills.

To discuss how we can help children at your nursery with emotional regulation

contact:

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“The ability to regulate emotions underpins young children’s capacity to learn, form relationships and manage stress.”

Education Endowment Foundation.

2 in 5 parents in England with children under 5 said they have been worried about the social or emotional wellbeing, or behaviour of their child
UNICEF UK

Peaceful Play teaches Yoga through super creative sessions, and everyone loves to join in! Nursery practitioners enjoy stretching and breathing as much as their children. Most often their favourite part is final relaxation with belly breathing - a chance for everyone to enjoy a moment of calm and co-regulation in an often busy day.

Plus, nursery practitioners are improving their own skills to offer daily support and reminders to help children into healthy habits.

“Having introduced Yoga at the nursery has been a great learning experience for the children. It has helped them boost their self-confidence, learning and engaging in relaxation practices... Yoga has provided a gentle and playful way to support physical growth, emotional well-being and social skills.”

Angela Rehman, Nursery Manager, Parkside View Nursery

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