

Kids Yoga Afterschool Program

Use this checklist to create a positive experience for children and families that encourages re-enrollment and referrals.

Before the Program Starts

- ☐ Review the full program outline and weekly themes
 - ☐ Prepare certificates and yoga awards in advance
 - ☐ Print or save attendance lists
 - ☐ Confirm class schedule, location, and pickup procedures
 - ☐ Send or review the parent welcome message
 - ☐ Pack props, flash cards, and any themed materials
 - ☐ Plan a consistent opening routine for every class
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Each Week of the Program

- ☐ Greet children by name
 - ☐ Start class with the same familiar opening routine
 - ☐ Use 1–2 favourite warm-ups kids recognize
 - ☐ Introduce the weekly theme clearly and simply
 - ☐ Encourage effort over perfection
 - ☐ Acknowledge positive behaviour and participation
 - ☐ Make brief notes of standout moments or progress
 - ☐ End class calmly and positively
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Parent Connection (Ongoing)

- ☐ Be visible and approachable at pickup when possible
 - ☐ Share one positive moment about a child's class experience
 - ☐ Use encouraging, professional language
 - ☐ Answer parent questions with confidence and clarity
 - ☐ Direct parents to program info or next session dates if asked
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Mid-Program Engagement

- ☐ Introduce yoga awards or special recognition moments
 - ☐ Rotate awards so every child feels seen
 - ☐ Highlight non-physical strengths (focus, kindness, effort)
 - ☐ Remind children they are working toward certificates
 - ☐ Keep routines consistent while adding small surprises
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Final Class Preparation

- ☐ Confirm final class date and time
 - ☐ Prepare certificates with each child's name
 - ☐ Select yoga awards for each child
 - ☐ Plan a short celebration or "best of" class
 - ☐ Practice saying each child's name and strength aloud
 - ☐ Set up a calm, special atmosphere
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Final Class Execution

- ☐ Run a familiar, confidence-building class
 - ☐ Hand out certificates individually
 - ☐ Share one positive observation per child
 - ☐ Celebrate effort, growth, and participation
 - ☐ End on a joyful, calm note
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After the Program Ends

- ☐ Encourage parents to re-enroll or watch for next session dates
 - ☐ Share any feedback or notes with program coordinator
 - ☐ Reflect on what worked well and what to improve
 - ☐ Reset materials and props for the next session
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Instructor Reminder

- ✓ Consistency builds confidence
- ✓ Recognition builds pride
- ✓ Communication builds trust

You don't need to be perfect. You need to be present, prepared, and positive.