

Yoga for Children with Attention-Deficit/Hyperactivity Disorder (ADHD)

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Abstract:

Attention-Deficit/Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder defined by repetitive patterns of impulsivity, hyperactivity, and inattention. Researchers are seeking non-pharmacological treatments that can be utilized alongside more conventional approaches, due to the prevalence in children. Promising yoga practices for the treatment of ADHD in youngsters. Physical postures, breathing exercises, awareness practices, and relaxation techniques all come together in yoga's holistic framework, which promotes emotional and self-regulation wellness. Focusing on the effects of yoga on attention, impulse control, and emotional stability, this article reviews the literature on yoga therapy for children with ADHD. The scientific world is beginning to acknowledge that yoga may complement conventional therapy for attention deficit hyperactivity disorder (ADHD). As a result, kids would have the resources they need to manage their symptoms and live healthier, happier lives. Also, kids can readily pick up and enjoy yoga as an intervention due to its adaptability and lack of intrusiveness. They will have the skills for self-care and emotional regulation that they can utilize for the rest of their life.

Keywords: Yoga, ADHD, children, neurodevelopmental disorder, attention, impulse control, mindfulness, self-regulation.

introduction

Among the neurodevelopmental disorders affecting an alarmingly large percentage of children nowadays is Attention Deficit Hyperactivity Disorder (ADHD). The neurodevelopmental illness known as attention deficit hyperactivity disorder (ADHD) is defined by repetitive patterns of impulsivity, hyperactivity, and lack of focus. Problems arise for those with ADHD, their loved ones, and the healthcare system as a whole when this disorder is present. Traditional pharmaceutical treatments for attention deficit hyperactivity disorder (ADHD) have been effective in managing symptoms, but there is growing interest in exploring non-pharmacological strategies that may enhance the health of children with ADHD. Consideration of yoga as a potential therapeutic modality for children with ADHD. Yogic asanas (physical postures), pranayama (breath control techniques), mindfulness training, and relaxation techniques are all part of yoga's extensive and holistic framework, which has its roots in Indian philosophy. Its ability to promote better self-regulation, mental wellbeing, and a strong mind-body connection has made it famous. Yoga has recently been more popular as a non-pharmacological approach that could help youngsters with attention deficit hyperactivity disorder (ADHD) control their symptoms and live better lives. This treatment has the ability to help these kids feel more independent, which is a major plus. Children with attention deficit hyperactivity disorder (ADHD) have substantial impacts on their emotional, social,

intellectual, and developmental growth. Their confidence, the quality of their relationships with others, and how well they do in school could all be affected. Furthermore, adulthood is often a time when symptoms of attention deficit hyperactivity disorder (ADHD) persist, highlighting the importance of beginning effective treatments when the individual is still a child. Yoga is an engaging and appropriate choice for use with children due to its adaptability and non-intrusive nature. Through its adaptable practises, it offers a lifetime foundation for self-care and emotional regulation, tailored to each individual's needs, preferences, and developmental phases. Better focus, impulse control, and emotional stability are common goals of ADHD treatment, which aligns with the practice's emphasis on mindfulness and self-awareness. Reason being, being in the here and now is foundational to both mindfulness and self-awareness. The existing literature on yoga as a treatment for ADHD in children, which provides insight into the possible benefits and outcomes of this practice. With the help of yoga, children with attention deficit hyperactivity disorder (ADHD) can learn to cope with the difficulties of their condition and improve their health as a whole, according to this study.

ADHD in Children

Neurodevelopmental disorders such as Attention-Deficit/Hyperactivity Disorder (ADHD) impact the psychological, emotional, and social well-being of those afflicted and impact a disproportionately large number of youngsters in modern society. Characteristics of attention deficit hyperactivity disorder (ADHD) include a lack of focus, excessive activity, and impulsivity. Children with ADHD, their families, and healthcare providers all deal with complex difficulties. Researching childhood ADHD with a focus on the condition's heterogeneity, its impact on daily functioning, and the need for integrative treatment approaches.

Understanding Attention-Deficit/Hyperactivity Disorder (ADHD):

A large portion of the population with attention deficit hyperactivity disorder (ADHD) experiences symptoms throughout their formative years and beyond. The characteristic traits of the disease are impulsivity, inattention, and hyperactivity; each of these traits poses its own set of difficulties for children who suffer from it:

- Children with ADHD often have trouble focusing and keeping their attention on one thing at a time, which makes it hard for them to do well in school and follow teachers' instructions.
- Disruption in social settings like schools and during everyday interactions can be caused by hyperactive symptoms such as restlessness, excessive fidgeting, and an inability to sit still.
- Negative effects on social and academic functioning may result from impulsivity, which causes people to make snap decisions without considering the consequences.

Impact on Cognitive, Emotional, and Social Development:

- Poor academic performance, including lower marks and classroom frustration, might be the consequence of problems paying attention and remaining organised.
- Emotional Health and Well-Being Mood swings, frustration, and low self-confidence are symptoms of emotional dysregulation, which has been associated to attention deficit hyperactivity disorder (ADHD).

- **Personal Connections:** Children with ADHD may struggle to participate in age-appropriate social interactions due to impulsivity and hyperactivity, which can lead to exclusion from friends and loneliness.

The Need for Comprehensive Interventions:

Treatments for attention deficit hyperactivity disorder (ADHD) in children should, according to increasing evidence, do more than just alleviate symptoms. This acknowledges the profound effect that ADHD has on children's life. Traditional pharmacological therapies for attention deficit hyperactivity disorder (ADHD) have included stimulant medications. Nonetheless, research on non-pharmacological therapies that can supplement traditional approaches is gaining momentum. More and more people are seeing yoga as a serious practice with the ability to improve their lives. As a holistic discipline that encompasses physical postures, breath control, awareness, and relaxation techniques, yoga promotes self-regulation, emotional wellness, and a deep connection between the mind and the body. explore the ancient practise of yoga and its possible benefits for children with attention deficit hyperactivity disorder (ADHD), with the hope of illuminating how this ancient discipline can help these kids manage their symptoms and lead healthier lives overall.

Tailoring Yoga for Children with ADHD

Customized and comprehensive treatment programs are crucial for children with Attention-Deficit/Hyperactivity Disorder (ADHD), due to the disorder's complexity. Using yoga's therapeutic potential for children with ADHD offers many potential benefits, but there is no silver bullet, as has become painfully obvious. Tailoring yoga practises to meet the unique needs, developmental stages, and preferences of each kid is essential for maximizing the benefits of yoga and promoting holistic well-being in children. In this section, we will take a look at the trick of making yoga more accessible to kids with ADHD, shedding light on strategies and techniques that may be adjusted to suit the needs of different types of young yogis.

Adaptable Practices for Different Age Groups:

The versatility of yoga poses and practices means that kids of all ages may join in and reap the health benefits. Ensuring that children of different ages may engage with yoga in a manner that is suitable for their developmental stage is achieved by tailoring yoga practices to their specific needs:

- Yoga may be a creative and entertaining experience for younger pupils in preschool and early elementary school. Incorporating storytelling, animal poses, and other engaging activities into yoga lessons helps enhance physical coordination and keep participants engaged.
- Newly Enrolled Elementary School Students Yoga programs might be more organized to accommodate students' developing capacity for sustained attention and concentration. For better self-regulation and relaxation, they can try out a wider range of yoga poses and learn different ways to control their breath.
- Students in their adolescent and teenage years may benefit from yoga practices that cater to their unique physical and emotional needs. Many practices, including yoga

posture research, pranayama (breath control), and mindfulness meditation, can help one become more self-aware and better able to regulate their emotions.

Engaging Children in Yoga:

The key to effective yoga practises for children with ADHD is their level of engagement. There is a possibility that personalized approaches might boost engagement and motivation:

- To make yoga sessions more interesting and participatory for youngsters, teachers can use visual aids like colorful mats, interesting props, or posters showing different yoga positions.
- Consistent Routines: A sense of stability and improved impulse control are two potential outcomes of building regular routines into yoga sessions for youngsters.
- Methods for Developing a Mindful Mindfulness practices, including focused breathing or body scans, can help youngsters learn to control their emotions and concentrate better.

Fostering Lifelong Self-Care:

The ultimate goal is to help children with ADHD develop lifelong habits of self-care and emotional management, not only for the obvious physical benefits of yoga:

- Education and Empowerment: Teaching youngsters about the advantages of yoga and the part it plays in their overall health can give them the confidence to take an active part in the process of cultivating their own sense of self-care.
- Encouraging Consistency It is helpful for children to develop self-discipline and incorporate yoga into their daily routines if they are encouraged to practise yoga on a consistent basis, even if just for little periods of time.
- Children are able to explore yoga with a sense of acceptance and self-compassion when they are exposed to an atmosphere that is supportive and non-judgmental, and this environment can be created by the act of creating a supportive environment.

Complementing Conventional ADHD Treatments

To tackle the complex issues that children with Attention-Deficit/Hyperactivity Disorder (ADHD) present, the medical community has adopted a multi-pronged strategy that incorporates medication, behavioral therapy, and educational support. Pharmacological therapies, behavioral interventions, and educational support are all part of this approach. But, treatments for attention deficit hyperactivity disorder (ADHD) are being reevaluated in light of the profound impact the disorder has on children's emotional, social, and cognitive growth. Behavioral therapy, medication, and cognitive behavioral therapy are all examples of interventions that could help. a focus on yoga's potential as an integrative practice for promoting general well-being, with the intention of supplementing established therapy for ADHD with non-pharmacological methods.

Yoga as an Integrative Approach:

Yoga, an ancient discipline with philosophical roots and a foundation in a holistic mind-body paradigm, may provide an extra therapeutic option for children with attention deficit hyperactivity disorder (ADHD). Physical postures and breathing exercises are just the beginning of what yoga offers in terms of a multi-faceted approach that is complementary to the goals of treating attention deficit hyperactivity disorder (ADHD). It offers a set of resources

for mental and physical health, self-control, and emotional stability. The purpose of incorporating yoga into conventional treatment programs for attention deficit hyperactivity disorder (ADHD) is not to replace these treatments but to enhance children's health and well-being more generally. Yoga can help children with a variety of issues, including symptom management, attention and impulse control, and emotional resiliency. the potential benefits that may be obtained by integrating yoga practices with conventional treatments for ADHD. This study will look at the potential benefits of yoga for children with cancer, including how it might complement other treatments like medication and therapy to help them cope with the difficulties of living with a terminal illness. Furthermore, it will emphasize the potential for enhancing the overall quality of life for children with ADHD by highlighting the broader implications of this integrated approach.

Conclusion

There is a great chance to promote holistic health and wellness by including yoga in the treatment plan for Attention-Deficit/Hyperactivity Disorder (ADHD) in youngsters. A child's cognitive, emotional, and social development are all significantly impacted by attention deficit hyperactivity disorder (ADHD), a complicated neurodevelopmental disorder. Integrating yoga as an additional intervention provides a comprehensive strategy for managing emotions, increasing self-awareness, and controlling one's own behavior. Yoga can be utilized alongside conventional treatments, which are still essential for symptom control and skill improvement. Through the practice of physical postures, breath control, mindfulness, and relaxation techniques, children with attention deficit hyperactivity disorder (ADHD) can develop a wide range of skills, including emotional resilience, self-discovery, and a strong connection between the mind and body. While this integrated approach does not set out to replace established treatments, it does aim to enhance the effectiveness of such therapies while broadening the scope of holistic wellness. Children are better equipped to handle the challenges that come with their condition when they develop self-awareness, self-control, and self-compassion. In addition to helping children with symptom management and overall quality of life, yoga teaches them skills for self-care that will last a lifetime. Every child, regardless of the severity of their ADHD diagnosis, has the chance to thrive and embrace the holistic path to healing that yoga offers as it transforms into a life-changing adventure of self-empowerment.

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