

## Worksheet

# Teaching Pilates to Children

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with *Amanda Rhine*

Question 1. What is the best age to start introducing Pilates to children?

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Question 2. How long should the classes be for different age groups?

Notes: 

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Question 3. What props can you use when teaching Pilates to children?

The younger group

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The older kids

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**Question 4. What are the biggest benefits of starting Pilates early in life?**

1. The biggest benefit is finding tools within Pilates teaching that help kids feel calm, focused and confident.

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2. Teaching how to breathe.

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3. *"The greatest gift that Pilates can give you is to know yourself"*

~ Gary Calderone, *The Pilates Path to Health* ([Amazon aff link to the book here](#))

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**Question 5. What are your tips for the instructors to transition from teaching adults to teaching children?**

1. Spend Time with children.

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2. Be prepared to have fun and play games.

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3. Revert yourself to this childhood stage.

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4. Let go of the expectations that you have for adults.

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5. Be prepared for trial and error.

6. Everything has to be a game.

**Question 6. Which Pilates exercises do you include in your classes for the older kids?**

**Resource:** *Pilates for Children and Adolescents: Manual of Guidelines and Curriculum* created by The Pilates Method Alliance ([click here to view it on Amazon](#) – aff link)

*Creative play ideas*

**Question 7. What are the challenges and WAYS of marketing Pilates for children?**

- Local Homeschooling groups
- Local Facebook playdate groups
- Dance studios
- Physical therapists
- Video

- Private schools and preschools
  - Daycares
  - Art groups for children
  - Connecting with teachers and school boards
  - Word of mouth
  - Organize playgroups
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Question 8. **What is the most rewarding part of teaching Pilates to children?**

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**Connect with Amanda Rhine:**

1. <http://www.discoverhappydecorah.com/> - visit Amanda's studio website
2. <https://www.youtube.com/watch?v=Cpnp-E5sDhQ> - watch a video of Amanda teaching a Pilates class to 9-11 year olds.
3. <https://www.facebook.com/pages/Discover-Happy-Pilates-Studio/116554055098059> - Facebook