

Wellness Lesson 11

Corresponding video: Kids Yoga - <https://www.youtube.com/watch?v=5XCQfYsFa3Q>

Activities:

- Watch the video and practice along with the different animal poses presented
- The chart below shows the different yoga poses that we can all use to help us relax
- Encourage ALL family members to participate and share if practicing these poses have helped them to feel calm.



Options for families:

- Many students have learned different yoga poses in their classroom. This is a great opportunity to let children be the expert and teach us something new. Ask your child if they have practiced any yoga, breathing or stretching strategies in school. Then have them teach you what they learned!

Challenges for Parents:

- Many adults practice a variety of self-care rituals to help us feel calm. If yoga is part of your regular practice, share some more complex poses that you have learned. Let family members give these a try (with help if needed). If you use another form of exercise to help you to relax- let the family join in.
- Make yoga, exercise or simply getting outside a regular part of your daily family schedule.