

YOGA FOR EVERYONE

BREATHING AND MEDITATION

TIPS FOR CAREGIVERS

SOCIAL AND EMOTIONAL GOALS

After reading this book, kids will be able to use breathing and meditation to:

1. Become more aware of their emotions and the physical sensations they produce in the body (self-awareness).
2. Use the techniques included in the text to help manage their emotions and de-stress (self-management).

TIPS FOR PRACTICE

Encourage self-awareness and self-management with these prompts:

Before reading: Ask students to check in with themselves. How do they feel, in both mind and body?

Emotional example: What kinds of thoughts are you having?

Physical example: How does your body feel today?

During reading: Encourage students to check in as they move through the book.

Emotional example: How does it feel when you close your eyes and focus on your breathing?

Physical example: How do breathing exercises feel in your body?

After reading: Take time to reflect after practicing the meditation.

Emotional example: How do you feel after practicing breathing and meditation?

Physical example: Are there certain exercises you like or don't like?

GOALS AND TOOLS

BODY SCAN

A body scan is a great way to become familiar with your body. Lie comfortably on the floor or a mat. If it feels good, close your eyes. Focus on your breath. As you move through the body scan, send your breath to places you feel aches and pains to help them relax. Spend 3 to 5 breath cycles in each area of your body.

- Check in with your feet, toes, and ankles.
- Now bring your attention to your calves, shins, and knees.
- Move your awareness to the upper legs and hips.
- Now think about completely relaxing your legs.
- Let your back and belly feel heavy on the floor.
- Then do the same with your ribs and mid-back.
- Move to your chest and upper back.
- Check in with your shoulders and upper arms.
- Now move your attention to your elbows and forearms.
- Bring your attention to your wrists, hands, and fingers.
- Completely relax both of your arms.
- Work your awareness to your neck.
- Focus on the back of your neck and throat.
- Bring your attention to your face and relax.
- Your head should feel heavy on the floor or mat.
- Rest here for as long as you want. How do you feel?

GROW WITH GOALS

Try bringing breathing and meditation into your daily life. Here are some ideas to get you started. You can set your own goals, too.

1. Do a body scan before bed every night for a week. How does it change your nighttime routine? How does it change your sleep?
2. Practice a 5-minute meditation at the same time of day for a week. Does meditation change how you move through your day?



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