

Today we had the pleasure of sharing yoga with your child in school.

We love teaching yoga to children because, along with it being a fun, engaging and interactive activity, we have the opportunity to teach children simple tools that help them manage their emotions, energy and attention. Our main goal is always to help them find peace and joy. In this hectic world in which we live, these are hot commodities.

Here is one of the activities we practiced with them today. It is called “feather blowing.” In yoga, we learn to use our breath in different ways to balance our calm and energetic mind and body.

Today, your child learned how to control their own breath to help them relax and self-calm.



Here's how to do it:

Place one hand on your belly. With your other hand, hold the bottom spine of the feather. Hold the feather about 10” away from your mouth. Take in a big full breath through your nose and fill your belly with air. You will feel your belly expand like a balloon. Purse your lips as if you are sending a kiss into the air and slowly exhale through your mouth, blowing the feather and making the sides move. *Don't let go or it will fly away.*

How long can you make the sides of the feather move? Can you count in your head how long your exhale lasts? Make sure you are watching your feather. Keep your eyes focused.

Do this 4-5 times in a row and notice how you feel.

When is feather blowing helpful?

- Before homework or taking a test
- Before bedtime
- When you become frustrated and overwhelmed
- Avoiding or recovering from a meltdown (*we all have those now and then*)

For more tips and free yoga printables, visit www.zensationalkids.com