

# Yoga and Mindfulness for Kids: A Whole-Child Approach Supporting Childhood Mental Health

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## After this session, I hope you will be able to:

1. Define how movement, observation and rest are integral to wellness
2. Describe two ways yoga and mindfulness can be used in clinical or educational settings
3. Practice skills to develop a personal practice which will be necessary for introducing mindfulness and yoga to others

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## The Times We Live In...

Some challenges that cause our children stress:

- Reliance on technology
- Social isolation
- Mental illness ranging from rare to common
- School violence
- Cyber-bullying
- Etc, etc, etc...

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# A Way to Help

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### Mindful Awareness Practices

- Physical Health
- Concentration and Memory
- Respect for Others
- Self-Confidence
- Feeling of Wellbeing
- Emotional Balance
- Physical Fitness
- Self Regulation



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Mind Full, or Mindful?

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### Noticing your Breath

- First notice your body
- Use your nose
- Try a few natural breaths
- Use your belly
- Notice the qualities of your breath : speed, texture, direction
- Continue to move the air easily

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### Yoga at Falk School

- In the classroom
- One - on - one
- As a stand alone class




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### Yoga and Mindfulness for Children with Special Considerations

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|---------------------|-----------------------|
| Attention issues    | Autism Spectrum       |
| Social anxiety      | Physical disabilities |
| Behavioral issues   | Separation Anxiety    |
| Learning challenges | Depression            |

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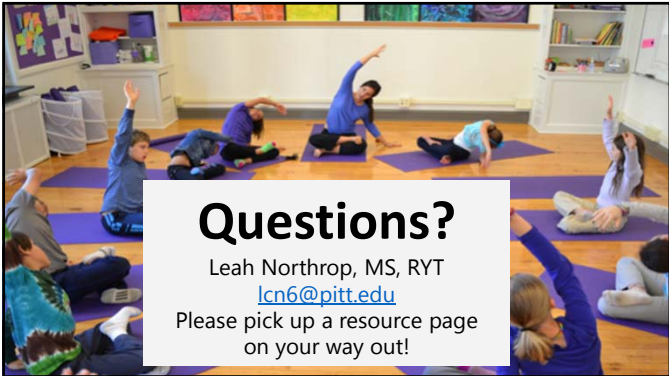
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