Living in a Frenzied World

Anxiety | Excess Energy

Why Calm Kids?
- Decrease stress
- Sharpen attention
- Increase mental flexibility/creativity
- Improve memory
- Heighten problem solving skills
- Instill self-calming
- Gain peace of mind

How to Put Out a Fire

Breathe
Connect
Affirm
Stretch
Visualize
5 Skills to Calm Kids

1 – Breathe

Benefits of Breathing
- Increase awareness
- Reduce stress
- Improve concentration
- Tone muscles
- Increase blood flow
- Calm nervous system

1 Minute Breath
- Attend to the sensation of air entering and leaving your body
- Give an attainable time limit; use an actual timer

Guidelines for Breathing
- Keep it short
- (30 seconds)
- Repeat often
- Think fun

Heart & Belly Breathing
- Hands provide sensory feedback

Start, Return to and Finish with The Breath
Breathing Resource

- Pranayama for Kids and Teens
  - 30 exercises
  - 21 games


2 - Connect

Self
- Feet to floor
- HUG yourself

Others
- Talk
- Touch

Relieve ADHD Symptoms

- Nature Deficit Disorder
- University of Illinois
- http://lhhl.illinois.edu/adhd.htm

Yoga In My School
donna@yogainmyschool.com
3 – Affirm

Negative Thinking
- Stress
- Anxiety
- Fear
- Anger

Positive Thinking
- Warmth
- Connection
- Happiness
- Peace

Affirmations
- Personal
- Positive
- Present

Affirmations for Kids
- http://www.pinterest.com/yogainmyschool/affirmations/
4 – Stretch

Vestibular System

- Balance
- Spatial Orientation
- Movement

Movement & Learning

- Active Brain
- Inactive Brain

Exercise itself doesn’t make us smarter. Instead, exercise makes us more able to learn and focus and optimizes the brain for learning.

~ Dr. John J. Ratey

Balance Poses to Focus

- Dancers Pose
- Tree Pose
- Eagle Pose
5 Skills to Calm Kids

Forward Folds to Calm

- Ragdoll Pose
- Childs Pose

5 – Visualize

What is Visualization?
- Purposeful use of mental images

Power of Visualization
- We learn more when we’re relaxed
  - Parasympathetic nervous system
  - Sub-conscious mind

Sample Visualization

Questions?
- @DonnaKFreeman
- @Yoga In My School
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