

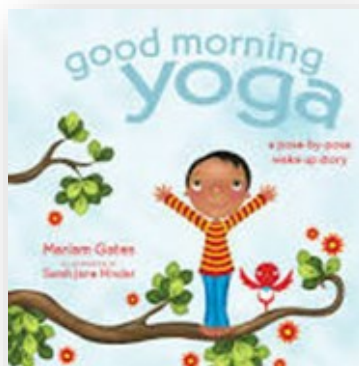
# YOGA POSES

Focusing on Well-Being and Belonging



## ACTIVITY

Get outdoors and make time for stillness and rest! Find a grassy spot by a tree and read **Good Morning Yoga** by Mariam Gates:



<https://www.youtube.com/watch?v=ua4iOERMRS>

**Intentional stillness** - being still on purpose, for a purpose - is a practice that Lorna Williams, Lil'wat scholar and a Professor of Indigenous education at the University of Victoria, teaches through the Lil'wat principle **Kat'il'a**.

**Kat'il'a** means "finding stillness and quietness amidst our busyness and quest for knowledge" - Sanford, Williams, Hopper & McGregor, "[Indigenous Principles Decolonizing Teacher Education: What We Have Learned](#)"

**Kat'il'a** "allows us to breathe deeply, to connect to the world around [us], and to regain a sense of balance. The concept of rest: a pathway to calm, inner tranquillity and mental health; a base of support; and stillness, has positive effects on our health, mental clarity and healing" (*Heart-Mind Online 2014*).

Remember to breathe in and breath out before each pose. Here are a few poses to try:

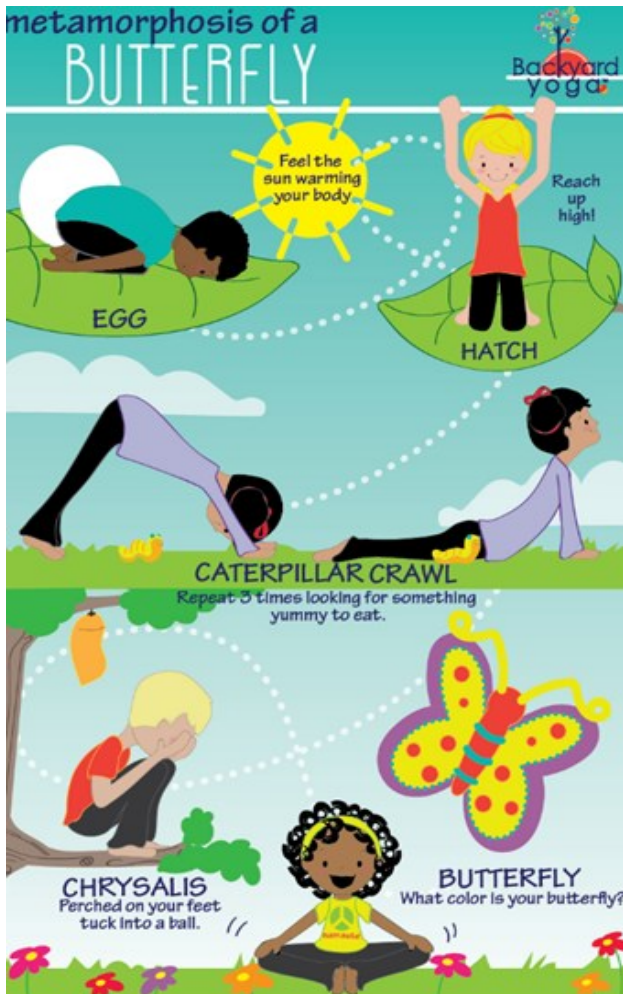


## Benefits of Yoga:



1. Reduces anxiety
2. Provides consistency in exercise and routine
3. Increases self awareness and improves motor skills
4. Helps with emotional regulation
5. Helps improve confidence





## Practice mindfulness everyday!

- Use your five senses and focus on a particular sensation through sight, sound, or touch. Try closing your eyes, then name all the sounds you can hear.
- Blow bubbles and follow each one with your eyes until it pops.
- Lay back on the grass and watch the clouds float by with your child. Some are slow, some fast, and each have different shapes!



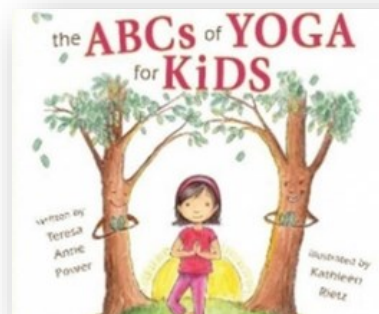
**Whatever you do, be present with yourself in the moment - in the stillness!**

## BOOKS

## SPRING YOGA

\*10 easy yoga poses for kids\*

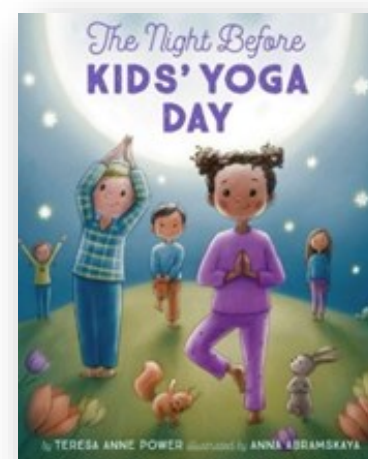
1. Say hello to the sun.
  2. Pretend to be a tree.
  3. Pretend to be a flying bird.
  4. Pretend to be the falling rain.
  5. Pretend to be planting seeds.
- KIDS YOGA STORIES



### The ABCs of Yoga for Kids

by Teresa Anne Power

<https://www.abcyogaforkids.com/>



### The Night Before Kids' Yoga Day

by Teresa Anne Power

<https://www.youtube.com/watch?>

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## SONGS

### Fly Like a Butterfly

Fly like a butterfly through the sky  
Stretch like a butterfly up so high  
Twist like a butterfly  
Sleep like a butterfly through the night  
Roll like a butterfly

### Stand Up, Sit Down

There once was a troll  
Who guarded a bridge  
Wouldn't let you pass  
Until you did what he said  
And his special request  
Went something like this  
Stand up, Turn around, sit down  
Stand up, Sit Down, Stand up  
Turn around, And now  
Sit down, Stand up, Turn around  
Sit Down



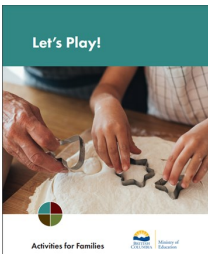
## EXTENSION

Read **Sophie's Heart** (Heart-Mind Online 2014) with your child to learn about Heart-Mind Well-Being.

<https://heartmindonline.org/sites/default/files/Sophie%27s%20Heart.pdf>



## REFERENCES



BC Ministry of Education (2019), *Let's Play! Activities for Families*  
<https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/lets-play-activities-for-families.pdf>

Heart-Mind Online (2014), *Making Stillness Matter*

<https://heartmindonline.org/resources/making-stillness-matter>

Heart-Mind Online (2014), *Secure and Calm*

<https://heartmindonline.org/qualities/secure-and-calm>



We respectfully acknowledge that the land on which we gather is the unceded, traditional, and ancestral territory of the Coast Salish Peoples, including the territories of the xʷməθkwəyəm (Musqueam), Skwxwú7mesh (Squamish), and Səlílwətaʔ/Selilwitulh (Tseil-Waututh) Nations.

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