

MARTHA CURRIE WELLNESS

MARTHA CURRIE ELEMENTARY'S HEALTH & WELLNESS NEWSLETTER

January 2016 Kids and Anxiety

Anxiety in kids comes in many forms. The way your child expresses their anxiety may differ from their friends. Everyone can use some coping techniques at one time or another. Here is some great information on teaching a few key yoga poses and some mantras or sayings to go along with them.

This information and printable poster comes from www.childhood101.com.



"I am strong."

Pretend to be a surfer.

To do Warrior 2 Pose:

From standing position, step one foot back, placing the foot so that it is facing slightly outwards. Take your arms up in parallel to the ground, bend your front knee, and look forward. Pretend to be a surfer and use your strength to catch tricky waves.



Dr. Brenna Jacks, ND



**Shannon Simpson, BHK,
TR, HNP Candidate**

For questions or advice, please email us at: marthacurrie.wellness@gmail.com



"I am wise."

Pretend to be an Owl.

To do Hero Pose:

Drop your knees to the ground and come down to rest upright on your heels. Then pretend to be a wise owl perched on a tree. Twist your upper body one way and then the other.

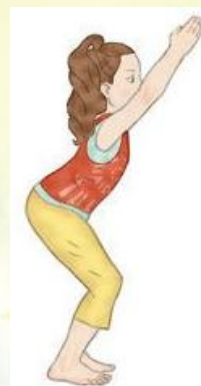


"I am kind."

Pretend to be a tree.

To do Tree Pose:

Stand on one leg, bend your knee, place the sole of your foot on the opposite inner thigh, and balance. Sway like a tree. Think of trees being kind by offering shade, creating oxygen, and providing homes to animals.



"I am brave."

Pretend to be a skier.

To do Chair Pose:

Stand tall with your feet hip-width apart, bend your knees, and keep a straight spine. Hold your hands out in front of you, pretending to grasp ski poles as you fly down a ski run like a brave and fearless skier.

Start slowly and focus on your child's success



"I am friendly."

Pretend to be a dog.

To do Downward-Facing Dog Pose:

Bend down and place your palms flat on the ground. Step your feet back to create an upside-down V shape with your buttocks high in the air.

Straighten your legs, relax your head and neck, and look down between your legs. Think of being an eager and friendly dog.

If your child doesn't click with using movement as a calming down strategy, don't push it. Leave it for a while, and then try again.

Just like every strategy, nothing is a one-size-fits-all solution, so feel free to adapt and change the yoga method to suit your child's interests and needs.

Introducing the idea of using [movement and breath to help their brains](#) to re-boot and re-focus is what's important.

Go to the website www.childhood101.com for a printable version of a yoga poster.

Another useful resource is anxietybc.com. The website is divided into sections to deal with anxiety in children, teens, and adults. They have explanations of anxiety at different stages as well as information in 5 languages.