

Yoga

Benefits

Yoga helps children to relax, relieve stress and anxiety, sleep better, improve emotional regulation, increase empathy, and improve mood and affect.

Seated Crescent Moon Pose

This week we will focus on the crescent moon pose. This pose can be achieved in a wheelchair or seated on a chair.



Step 1- Work with your child to take a deep breath in and sit up straight.

Step 2- Encourage your child to raise their hands upwards while inhaling. Their fingers should be towards the ceiling.

Step 3- Support your child to join their palms.

Step 4- Exhale and guide your child to bend their body a little towards their right side.

Step 5- Stay in this position for a few seconds.

Step 6- Then, work with your child to inhale and sit up straight. Bring their arms down while exhaling.

Step 7- Repeat this pose on the left side.

