

# Yoga

## Benefits

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

## Cat Pose

This week we will focus on the cat pose. This pose can be achieved in a wheelchair, sat on a chair or on the floor and provides a gentle massage to the spine and belly organs.

### **Seated instructions:**

#### **Step 1**

Encourage your child to put their hands on their thighs or grip their chair.

#### **Step 2**

Support your child to round their upper body forward as they exhale.

#### **Step 3**

Support your child to arch their spine like a cat and drop their chin down toward their chest.

#### **Step 4**

Encourage your child to hold the position for a few deep breaths then release.

### **For on the floor:**

#### **Step 1**

Guide your child onto their hands and knees in a "tabletop" position. Make sure their knees are set directly below their hips and their wrists, elbows and shoulders are in line and perpendicular to the floor. Support you child to centre their head in a neutral position, eyes looking at the floor.

#### **Step 2**

As your child exhales, guide them to round their spine toward the ceiling, making sure to keep their shoulders and knees in position. Encourage them to release their head toward the floor, but not to force their chin to their chest.

#### **Step 3**

Encourage your child to inhale, coming back to neutral "tabletop" position on their hands and knees.

