

Yoga

Benefits

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

Cow Pose

This week we will focus on the cow pose. This pose is a front of body opener and can be achieved in a wheelchair, sat on a chair or on the floor.

Seated instructions:

Step 1

Encourage your child to hold onto their chair or place their hands on their thighs.

Step 2

Guide your child to lift their head toward the ceiling as encourage them to inhale and expand through the front of their chest, carefully arching their back if appropriate.

Step 3

Support continual breathing as your holds the pose for a few deep breaths.

On the floor:

Step 1

Encourage your child to start on 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. Centre their head in a neutral position, eyes looking at the floor.

Step 2

Encourage your child to inhale, lift their sitting bones and chest toward the ceiling, allowing their belly to sink toward the floor. Lift their head to look straight forward.

Step 3

Encourage your child to exhale, coming back to neutral "tabletop" position on their hands and knees. Repeat 10 to 20 times.



shutterstock.com • 525793177