

Yoga

Benefits

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

Eagle Pose

This week we will focus on the Eagle pose. This pose can be achieved in a wheelchair or seated on a chair or the floor. The benefits of this pose are that it increases calm, focus, and concentration.



shutterstock.com • 144392962



shutterstock.com • 1465079882

(For children seated in a wheelchair, they should be positioned correctly in their chair with their feet on their footrests, don't worry about getting their legs into the position that is shown in the photograph, just ensure your child is comfortable).

Step 1

Support your child to cross their left arm over their right one at the elbow. Encourage them to bend their elbows and bring their palms to touch.

Step 2

Guide your child to lift their elbows while dropping their shoulders away from their ears. Work with your child to hold three to five breaths.

Step 3

Repeat on the other side.