



— MAY ALL BEINGS BE HAPPY —



Yoga Class



laughter



peace



happy



playful



nurture



family



friendliness



kindness



A place to stretch, breathe, learn coping strategies, and meet new friends! We will learn simple yoga poses, breathing exercises, relaxation, visual imagery, and have good conversation. *This physical- and psycho-educational group is held **Thursday evenings, July 21 – August 25, 2016 (six-weeks) from 4:00pm - 5:00pm (Ages 5-7yrs.)** Group size is limited; call 262-695-8857 to sign up.*

Yoga

Kid-friendly yoga poses like Tree, Boat, Cat, Cow, Dog, Butterfly, and Flamingo are a fun way to increase body awareness, good posture, strength, dexterity, and coordination.

Breathing

Deep, yoga-style or “belly” breathing (with significant movement of the diaphragm) is the most commonly taught emotion regulation strategy.

Relaxation

Teaching how to relax muscles is very helpful when someone is feeling anxious. Progressive Muscle Relaxation is one of the tools we use that helps the child learn to recognize when they are becoming tense as a way to catch the early signs of becoming anxious.

Imagery

Imagery is a classic relaxation strategy. It consists of building a mental image of a relaxing scene (e.g., a warm day at the beach, a wooded forest, a cool mountain lake) and focusing on it instead of on emotional triggers. When building the mental image, children are instructed to personalize it with their own experience and to use all their senses (i.e., sight, sound, smell, touch, taste) to make it as real and powerful as possible.

Practice/role play at home

In order to successfully use these coping strategies (especially in the middle of an emotionally-charged situation) children need to have practiced and mastered them first. Talking about what to do is not enough. We encourage you to role play the child’s coping options and the adult’s responses once daily in the afternoon or early evening until the child begins to be successful.



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