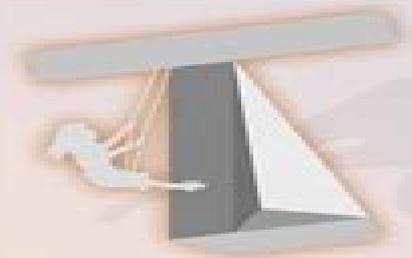


Family Stress Management



Yoga is a great way to destress and by using OT tools, the whole family can have fun!

1: Move through Table position and alternate into inhaling through Cat and exhaling through Cow

MAKE IT MORE FAMILY-FRIENDLY WITH MEOW'S AND MOO'S!

2: Move into Baby Cobra with a "hisssss" sound on exhale. Transition to Down Dog and let out your best bark!

ANIMAL NOISES CAN HELP PROMOTE BREATHING AND DECREASE TENSION AS WELL AS ADD SOME SILLINESS AND LAUGHTER!

3: Take a rest with Child's Pose. Breathe deeply and remain silent in this pose

ENCOURAGE YOUR CHILD TO REMAIN VERY STILL, FOCUSING ON DEEP BREATHING.

4: Practice balance in Cricket and take a stretch in Clamshell

THE INCREASED DIFFICULTIES CAN RESULT IN INCREASED FOCUS ON THE POSE FOR SOME CHILDREN.

5: How long can you hold Peaceful Gorilla?

MAKE SURE THEY KNOW THIS IS A THINKING POSE - THE FIRST ONE TO TALK LOSES THE QUIET GAME!

6: Roll into Happy Baby from there, and relax into Dreamer for the final position.

IT IS FUN TO ENCOURAGE KIDS TO COME UP WITH A DREAM OF THEIRS FOR THE DAY OR THEIR LIFE, SET A TIMER AND WHEN IT GOES OFF THEY CAN SHARE THEIR DREAM!

Family Stress Management

CL Gary



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