

Yoga Calm Activities to Support Healthy Child Development

How Yoga Calm complements Dr. Bruce Perry's Six Core Strengths for Healthy Child Development: Attachment, Self-Regulation, Affiliation, Awareness, Tolerance, and Respect.

The sequential development of six core strengths

- Attachment
- Self-regulation
 - Affiliation
- Attunement
- Tolerance
 - Respect

Attachment: The Cornerstone

Why it's important:

Healthy attachments allow a child to become a good friend, caring classmate and community member. It is the template for all future relationships. Healthy attachments make for open hearts and minds.

Yoga Calm Activities to promote Attachment:

- Mirror Pose (example: Tree)
- Shoulder Clock
- Trust Walk
- Back Drawing
- Star Galaxy
- Compliment game
- Tree Circle

Self-Regulation: Think Before You Act

Why it's important:

Developing the ability to control and manage one's behavior and emotions is a life skill that is essential to healthy relationships and survival.

Yoga Calm Activities to build Self Regulation:

- Volcano Breath, Tree Pose, Wood Chopper
- Conflict Exercise - Changing Channels
- Yes/No Game - Calm Voice/Strong Voice
- Personal Space - Archetype Game
- Activate/Relax *** - Guided Relaxation

Affiliation: The More We Get Together...the happier we'll be!

Why it's important:

We live and work in community. Affiliation helps children feel included, connected and valued. Self-esteem creates open hearts and minds.

Yoga Calm activities to promote Affiliation:

- Compliment game - Community Circle
- Circle poses (Tree, Eagle, Star)
- Block Creek - Past/Present/Future
- Trust Walk/Sensory Adventure
- Back Drawing with compliments

Attunement: Thinking of You, Thinking of Me

Why it's important:

Essential to effective communication is the ability to be receptive to the needs of others. Attuned and aware children are inclusive, empathic and open to learn.

Yoga Calm activities to promote Attunement:

- Yes/No game
- Personal Space
- Compliments (include back-drawing)
- Mirror poses
- Trust Walk/Sensory Adventure
- Harrassment Prevention
- Happiness Recipe
- Exploring Feelings

Tolerance: It's okay to be different!

Why it's important:

Tolerance builds flexibility and adaptation in all kinds of situations. Tolerance builds the ability to see the value in everyone.

Yoga Calm activities to promote Tolerance:

- Yes/No game
- Partner poses (Partner pull, shoulder clock)
- Physically challenging poses like chair, eagle.
- Compliment game
- Communication game

R-E-S-P-E-C-T: Find out what it means to me!

Why it's important:

The development of respect is the natural result of the previous five strengths. Respect for self and others creates harmony, mutuality and reciprocity. Respect makes the world a safer, happier place.

Yoga Calm activities to promote Respect:

- Yoga Calm Ground Rules - Strong Voice
- Yes/No Game - Exploring Feelings
- Compliment game - Harrassment Prevention
- Communication game - Personal Space