

# 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