

ACTIVITY TIME

Tilly's First Day Twist

Kylie Covark and Robin Tatlow-Lord

Yoga Calm Down

Children look to their families or trusted adults to help them regulate their feelings and emotions. Big, slow breathing is a fantastic way to help calm children. Together, take deep breaths, counting slowly to 5 as you breath in, and then out.

Yoga is an excellent way to calm down big emotions.

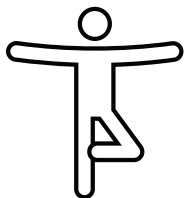
What to do:

- Set up in a quiet place.
- A non-slip mat is helpful if you are doing standing yoga.
- Place some calm music on (not essential).
- Explain that doing Yoga can help you feel calm or energised.
- Talk about breathing, how we use our lungs to breath. We can take in more breath and make our breathing slow or fast.
- Practise these ideas, breathing in deep and long, and small and shallow breaths.
- Talk about how it feels when you breathe in different ways.
- Focus on your breathing.

Sing

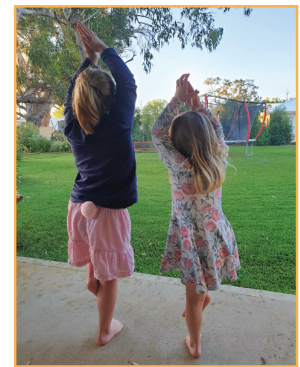
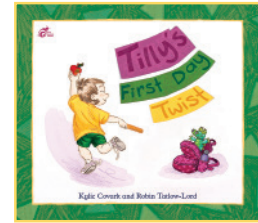
- If You're Happy and You Know It
- I'm a Little Teapot
- Here We Go Round the Mulberry Bush
- This is the Way (try stomp our feet, breath in deep, smile sweetly).

Poses to Try



- Tree Pose - feel grounded
- Child's Pose - feel safe
- Sun Salute - feel happy

Key Message: Children's wellbeing is critical to brain development and learning.



Adult supervision is essential. Involve and talk with your child as much as possible.



*You can introduce simple Science Technology, Engineering & Maths (STEM) concepts to children aged 2+ years through every day play.

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