

Theme: Yoga and Calming Jars

Date: May 23, 2020

Hello StrongStart friends,

Today's email is put together by Teacher Maribel (from Seymour) and Ms. Sonika (from Moberly).

Do you ever feel like your child cannot sit still, like they have ants in their pants? When this happens, it's hard to calm down. At quiet time or bed time, when children are excitable, you can do some yoga with them to settle down. Before we do our yoga poses, let's practice calm, deep breathing:

- **Candle Breaths** - Imagine holding a candle in front of your face (you can use your index finger). Take a deep breath in and very slowly, blow out the candle. Repeat as many times as needed. You can also practice counting by getting the children to count their own breaths.

After we've calmed our breathing, you can set the mood with some calm music like this one - <https://youtu.be/zzkdjLb00UE>. After you've created the calm atmosphere, it's time to try some yoga poses. Here are a few of our favourites:

- **The Candle Pose** - Younger kids can stand tall on both feet. Older children can try balancing on one foot.



- **Waist Bend** - Try to get younger children to hold the pose and not wiggle around. Older children can space their feet out further for more challenge.



- **The Glider** - Toddlers can keep both feet on the ground and focus on hinging at the hips. Older children can try to lift one foot of the ground.



Yoga is one way to calm our bodies. Another way is to watch calming bottles. Calming bottles/jars help children relax as they focus on what is happening inside the bottle.



Materials

- a clear bottle (plastic preferably in case they shake it and it drops)
- clear glue or glitter glue
- glitter or any thing things that will float (beads, confetti, small pieces of tin foil)
- 1-2 drops of food colouring (optional)
- warm water

Instructions

- In the clear bottle, add about 1/4 of a cup of glitter glue.
- Add food colouring, glitter, confetti, etc.
- Add warm water to fill up the rest of the bottle.
- Close the lid very tightly (an adult will need to do this)
- Shake and watch!
- Variations - add nature like branches and petals; add about 1cm of dish soap for bubble effects.



*If you are new to our daily email and want to find one that was sent before, check out the **StrongStart page for our archived posts**. Content is organized by date and labelled by theme!*

https://www.vsb.bc.ca/Student_Learning/Early-Learners/StrongStart/Pages/StrongStart-Online.aspx

If you are looking for extra story time videos, you can visit the **StrongStart Story Time Video page** where we post all our book (not sent in our daily emails) reads by our facilitators.

https://www.vsb.bc.ca/Student_Learning/Early-Learners/StrongStart/Pages/Story-Time-Videos.aspx

For Families who are Facebook users – Please follow the Vancouver Public Library – they do a live story time each day at 10am <https://www.facebook.com/vancouverpubliclibrary/>.

Let's us know what your child's favourite yoga pose is or send us a photo of your calming bottle

😊 Have a great weekend.

