

Mindfulness and Fun Yoga for Caregivers and Kids

These activities are aimed for caregivers and children **11 years and younger**

The last few months have brought us to an unprecedented time in which most of us are working, learning, and socializing from home which is difficult for both caregivers and children. With tensions high and possible difficulties in communication, it is important to create different ways in which children can communicate with their caregivers and ways for which a caregiver may be able to better grasp what their child is going through. It has been shown that children that have been quarantined, have elevated levels of anxiety, distress, and depression (Aamer et al.).

Mindfulness

Discussing our emotions with children can be a very helpful way to help children mature. It has been shown that often parent/guardians do not understand when their children are trying to be vulnerable with their emotions (Bortolotti et al.). Perhaps now more than ever, allowing children to be mindful and open with their emotions is critical. Here are a few apps that have been created to help create emotional openness. Please keep in mind that some are free (with in-app purchases) and some are not.



Stop, Breathe & Think Kids
Kids Meditation & Better Sleep
★★★★☆ 177



Smiling Mind
Meditation for all ages
★★★★☆ 262



Mindful Powers™
Mindfulness for kids!
★★★★☆ 117

Animal Yoga

Why Yoga?

Yoga aims to bring harmony between body and mind. Though simple, yoga can be a way that children can find relief from anxiety and stress that is exacerbated during this global pandemic (Weaver et al.).

The attached ABC yoga is a fun resource that caregivers can do with their children or children may even be able to do one their own. There is a fun yoga pose for every letter of the alphabet!

Some ways to make it fun are:

- Spell your name!
- Do the poses of your favorite 5 animals
- Hold each pose for 3-5 breaths



*If you or your child have cervical radiculopathy or balance issues, please be wary of the Armadillo, Eagle and Zebra poses. You should check with your doctor before starting any new stretching or exercise routine as they will be able to advise you more specifically regarding your health condition.

Enter the Prize Drawing!

With parent permission, post a picture of you doing your favorite animal yoga pose to Instagram or Facebook with the hashtag #RVUSUFallHealthFair or email marketing@rvu.edu.

Citations

- Imran N, Aamer I, Sharif MI, Bodla ZH, Naveed S. Psychological burden of quarantine in children and adolescents: A rapid systematic review and proposed solutions. *Pak J Med Sci.* 2020;36(5):1106-1116. doi:10.12669/pjms.36.5.3088
- Bortolotti S, D'Elia P, Whissell C. When children talk about the causes of their emotions, how well do adults and other children understand which emotion they are talking about? *Percept Mot Skills.* 1993 Aug;77(1):67-78. doi: 10.2466/pms.1993.77.1.67. PMID: 8367266.
- Weaver LL, Darragh AR. Systematic Review of Yoga Interventions for Anxiety Reduction Among Children and Adolescents. *Am J Occup Ther.* 2015 Nov-Dec;69(6):6906180070p1-9. doi: 10.5014/ajot.2015.020115. PMID: 26565100.