



ASHLEY PRIMARY SCHOOL - YEAR 2 **CHILDREN'S MENTAL HEALTH WEEK 2019**

As it is Children's Mental Health Week, this week we are thinking about how to keep both our mind and body healthy and why it is important to do so.

I explained to the children about their brain and some important parts such as the cerebrum and cerebellum. The children know that the cerebellum is at the back of the brain and it controls balance, movement and coordination; all of the things we develop in yoga! We talked about the Prefrontal Cortex (their Big Bear), Hippocampus (Wise Owl) and the Amygdala (Wild Wolf). We know our Big Bear makes all of our good decisions and our Hippocampus helps us remember things. We know our Wolf keeps us safe if we are in danger, but sometimes he howls when we have big feelings too. Yoga, breathing and meditation help calm our wolf down when we want to relax.



BALANCE POSE

This pose creates stability in the whole body. It strengthens the small stabilizing muscles in the ankles and feet. It strengthens the legs, back and abdomen. It improves balance and body awareness. Keep your standing leg straight and if you have your balance, stretch your arms out!



WISE OWL POSE

Sit on your heels with your knees together. Then sit up tall and stretch your arms above your head, making large wings. Then push your thumb and index finger together and put them around both eyes to make owl eyes. Your hands are in a yoga mudra. This pose is great for concentration. Twist round, without moving your knees, to see what you can see.



WILD WOLF POSE

This pose is downward dog/wolf. The benefits children receive in this pose include increased strength in the shoulders, flexibility in the spine and hamstrings. It also strengthens bones in the legs and arms and brings more blood flow into the brain. This helps reduce stress and anxiety.



BIG BEAR POSE

Sit on your bottom with your knees bent. Hold on to each big toe with your index fingers and thumbs. If you can get your balance, lift your heels and try to straighten your legs out to the side. This pose helps develop balance skills, activates the tummy, hip and leg muscles, stretches the hamstrings and increases proprioception (body awareness and understanding of body shape).