

🌸 June: A Month to Celebrate the Little Things

June is a wonderful time to notice and appreciate the small joys around us. If your child is feeling a bit down, helping them spot the good things in their day can make a big difference. Encourage them to think about:

- A moment that made them smile
- Something kind someone did
- A favourite part of their day

These simple reflections can help them feel happier and more connected to the world around them.

Research Based Fact: *"Practising gratitude enhances happiness and reduces symptoms of depression."*

Activity Suggestions for Practising Gratitude:

🌸 At bedtime, ask your child, "What's one thing that made you smile today?" and share your own gratitude moments as well.

🌸 Make a "gratitude tree" by writing things you're thankful for on paper leaves and adding them to a branch or poster on the wall.

Breathing activity and yoga poses for 'cultivating gratitude' at home

🙏 Gratitude Breath:

- Sitting on the floor with your legs crossed, close your eyes.
- As you breathe in, think of something in your life that makes you feel happy.
- As you breathe out, imagine yourself sharing it with others.
- Repeat this breath again, inhaling gratitude and exhaling gratitude.

🧘 Yoga Poses:

Heart Opener pose (*Gratitude*) **Warrior 1** (*Strength*) **Child's Pose** (*Reflective*) **Seated Twist** (*Release*) **Bridge pose** (*Expansion*)

Encourage your child to use steady breathing, bringing their attention back to their breath if their mind happens to wander a little!

For more tips and fun activities, feel free to reach out! • info@kidsloveyoga.org.uk • If you'd like your child to join our yoga club in your school, you can book a place for them here:

<https://www.kidsloveyoga.org.uk/book-your-childs-place>