

As the **Summer begins**, July is the perfect time to slow down and embrace moments of calm as a family. With busy routines winding down, now's the time to gently encourage quiet, screen-free time to help children (and adults!) reset and recharge.



Calm Tip of the Month:

Try saying: *"Let's turn off devices for an hour and just relax, read, or play quietly together."* Even short, calm moments each day can make a big difference to children's emotional well-being.



Create Your Own Calm Corner:

Set up a cosy space with: 🧸 Soft cushions or blankets 📖 Favourite books 🌀 Calming tools like sensory bottles, colouring books, or stress balls

Children will love having a go-to place to unwind when things feel a little too busy!



Yoga for Calm:

Encourage gentle movement and mindful breathing to support calm and focus. Try these relaxing yoga poses together:

★ **Ocean Breath** 🌊💧😌

Slowly breathe in and out through your nose, like gentle waves.

★ **Child's Pose** 🧒🧘🛏️

A comforting position to rest and reset.

★ **Legs-Up-The-Wall** 🦵🧘🧱

Helps calm the body and mind.

★ **Reclined Butterfly Pose** 🦋🧘😌

A great position for relaxation.

★ **Savasana** 😌🧘🌙

The ultimate rest pose — lie down, close your eyes, and just breathe.



Why it matters:

Regular downtime can reduce stress, improve sleep, and support children's emotional regulation — helping them feel safe, centred, and ready to take on the day.

Wishing you a peaceful and playful July.



This Summer, we're hosting **'Summer Fest 25'** - Summer Camps for children in S6 & S8 11 dates, each one with a unique theme such as Tropical Luau and Groove & Flow Carnival To book, visit: kidsloveyoga.org.uk/kids-yoga-holiday-camps ☀️

For more tips and fun activities, feel free to reach out! • info@kidsloveyoga.org.uk • If you 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>