

This month, our yoga theme is all about **Rest and Reflection!** As we reach the end of another busy year, December offers a natural opportunity for children to slow down, rest, and reflect. This month's focus encourages families to cherish accomplishments, practice gratitude, and enjoy mindful moments together.



#### **Rest and Reflection- Tip of the Month:**

Before bedtime, try asking your child "What is one thing you're proud of from this year?" Share your answer too! This builds connection, confidence, and gratitude.



**Family Mindfulness Activity: Create an End of Year Scrapbook** - Create a family scrapbook or photo album that celebrates special memories and milestones from the year. Include photos, drawings, tickets, notes, or anything meaningful—this activity encourages reflection and togetherness. *Reflection improves learning and gratitude increases joy!*



#### **Breathing: Candle Breath**

Have your child imagine a candle in front of them. Inhale gently through the nose and blow out slowly through the mouth—just enough to make the candle flicker, but not go out. This breath helps settle the body and calm the mind.



#### **Poses for Calm, Rest & Reflection**



**Child's Pose** – Kneel down, sit back on your heels, stretch your arms forward, and rest your forehead on the floor.



**Reclined Butterfly Pose** – Lie on your back, bring the soles of your feet together, and let your knees fall open like butterfly wings.



**Forward Fold** – Stand tall, bend forward from the hips, and let your arms and head hang loosely toward the ground.



**Seated Twist** – Sit with legs crossed, place one hand on the opposite knee, and gently twist to look over your shoulder. Switch sides.



**Savasana** – Lie flat on your back with arms and legs relaxed, close your eyes, and take slow, steady breaths.



**Wishing You a Peaceful, Restful December-** We hope these yoga and mindfulness practices bring your family calm, connection, and joy during the festive season. Thank you for your continued support and enthusiasm. It's wonderful to see the children growing in confidence, calm, and connection each week.

For more tips and fun activities, feel free to reach out! • [info@kidsloveyoga.org.uk](mailto: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>