

**This February, our wellbeing and yoga focus is Connection!** Supporting children to build strong relationships, develop emotional awareness, and feel a strong sense of belonging. Through mindful movement, breathing, and shared activities, children learn how to connect with themselves and others, practise empathy, and build positive communication skills that support their wellbeing both in and out of school.

#### **Connection- Tip of the Month:**

We encourage families to spend a little intentional one-on-one time together each day. This could be as simple as reading a bedtime story, chatting about the day while walking the dog, or sharing a quiet moment together. These small but meaningful moments help strengthen parent-child bonds and support emotional resilience.

 **Family Mindfulness Activity:** Try a weekly “No-Tech Dinner”, where devices are put away and everyone shares their high and low from the week. This creates space for listening, empathy, and open communication.

 **Breathing: Partner Breath:** Sit back-to-back with your child and slowly match your breathing. This builds awareness, calm, and a sense of togetherness. Even a few minutes of shared movement and breathing can strengthen bonds and support emotional wellbeing.

#### **Poses for Creating Connection**

 **Partner Boat Pose** – Sit facing each other, feet touching, and lift legs together. This encourages teamwork, trust, and communication.

 **Easy Pose** – Sit comfortably together and notice your breath. This helps children feel grounded and connected.

 **Heart Opener Pose** – Gently open the chest (seated or lying back) to encourage openness, kindness, and confidence.

 **Seated Twist** – Twist gently while seated to release tension and feel settled together.

 **Cobra Pose** – Lie on the tummy and gently lift the chest to build strength, confidence, and uplifting energy.

 **Wishing you a calm and connected February** — we hope these practices help you slow down, breathe together, and enjoy quality time. 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>