

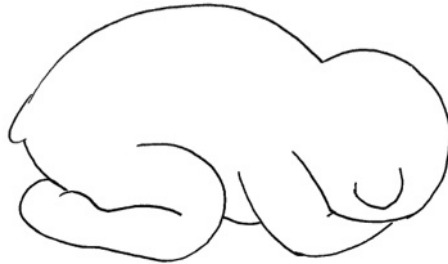
### **Virtue of the Week**

Yoga postures and Virtues adapted from *Yoga for Little Bears* by Monica Batiste  
Subscribe to our virtue of the week via our website [www.monicabatiste.com.au](http://www.monicabatiste.com.au)

### **Postures\***

Gentle postures that can support recovery are *child's pose*, *resting butterfly*, *wide legged child*, *peaceful pose*, and *star-fish pose*.

## **Child's Pose**



*from Yoga for Little Bears by Monica Batiste*

### **How to do Child's Pose**

Sit on heels, rest head on hands or by side. *Child's Pose* is a relaxing and recovery pose. Take several deep breaths and let tension go. Relax. Breathe. Soften.

### **Benefits of Child's Pose**

Relaxes spine and allows circulation to be restored to working muscles.

### **Virtues Developed**

Relaxation, mindfulness, self-awareness.

## ***Resting Butterfly pose***



*from Yoga for Little Bears by Monica Batiste*

### **How to do Resting Butterfly Pose**

Lie in a comfortable position, bring soles of feet together, open knees, and rest.

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Ask the children to imagine they are a beautiful butterfly. Ask them ‘What colour are you?’ or ‘What kind of butterfly are you?’ Encourage them to imagine they are flying from red flowers, to green, to blue, to yellow... and all the colours you can think of. Choose a colourful flower to rest on for *Resting Butterfly Pose*.

### Benefits of Butterfly Pose

**Open hips, relaxes mind and body**

### Virtues Developed

Peacefulness, mindfulness, imagination, visualisation.

### *Peaceful pose*



### Meditation\*

Meditation and deep breathing will help children learn self-care.

### EFT\*

Teaching children the simple form of EFT (tapping head and heart) will also give them tools to self-care when stressed and in need of balance.



*eBook on EFT is posted on teachers resources [www.monicabatiste.com.au](http://www.monicabatiste.com.au)*

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