

Virtue of the Week

Yoga postures and Virtues adapted from *Yoga for Little Bears*

by Monica Batiste

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Activity – Appreciation



Appreciation helps children feel positive about their life. Teaching children that they can talk themselves into a better feeling place is a valuable tool.

An emotional scale

Ask children to check on a scale of 1-10, on how they feel right now. Number 10 being absolutely happy and number one being very sad.

When a child is feeling negative, their ability to resolve is switched off. Helping them to move to a positive feeling opens the brain for solutions.

What to do

Invite the child to talk about things they like, why they like it, and what is it about it that they like. Keep talking about this until there is noticeable shift in their body language, tone of voice, and facial expression.

It doesn't matter where the conversation begins, it can begin with a curly line. If the child says they like this curly line and that is the only thing in the room they can appreciate in that moment then curly line it is. Once they have focused on a curly line, they might say, and I like my dog. You can talk about the dog for a few minutes; what they like about their dog, what makes their dog so special, and then they will be able to find something else they like.

After a while, appreciation moves in and the original problem doesn't feel so heavy.

EFT* and Brain Gym* are also helpful tools to dispel negativity. You can invite the child to do a round of brain gym, or tap on their head and heart whilst talking about the problem, and then moving on to how they prefer to feel.

Monica Batiste

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Visit the author's website for more books, downloads and information on art, yoga, virtues and emotional intelligence. www.monicabatiste.com.au

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If the child will not co-operate, then talk yourself into a better feeling place whilst tapping or doing Brain Gym. Improving your own wellbeing whilst caring for a child is the most important step you can take to help build emotional intelligence in children. For as they see you resolving your emotions, they will follow.

Do this for a few minutes and check on the emotional scale of how feelings have improved.

Your actions show children how important their feelings are for creating a healthy and positive attitude to life.

Thank you for being you. I appreciate your caring and desire to make the world a better place.



*EFT – emotional freedom technique is a tapping sequence to dispel negative feelings and replace them with positive. A free Ebook is available from our website.

*Brain Gym © is a series of physical movements to clear the brain of stress and open the brain for more positive feelings and an improvement of learning. This sequence may be downloaded from our website.

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