

Virtue of the Week

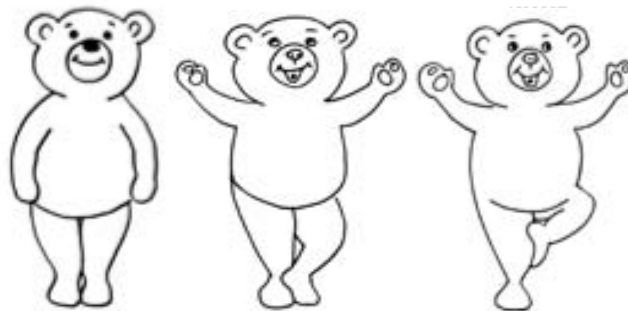
Yoga postures and Virtues adapted from *Yoga for Little Bears*

by Monica Batiste

Subscribe to our virtue of the week via our website

www.monicabatiste.com.au

Building empathy with *Gum Tree pose*



Virtues Developed

Gum Tree pose promotes empathy, imagination, body awareness, kinesthetic intelligence, spatial awareness, naturalistic intelligence, focus, clarity, mindfulness and groundedness.

Monica Batiste

Author Artist Yoga teacher

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

www.monicabatiste.com.au

Email info@monicabatiste.com.au

This page is not for re-sale, however it may be photocopied for classroom or home activities.

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

How to do Gum Tree pose

Start in *Mountain Pose*. Lengthen spine, tuck in tailbone, and relax shoulders. Keep core strong and stay focused on one spot to help with balance. Breathe deeply. Stand on one leg and rest the other foot in front (option 1), or on the leg like a stork (option 2). Bring hands together in prayer position in front of heart. ‘Imagine you are a tiny seed full of potential. Feel your finger-tips touching. Grow into a beautiful tree...raise arms up to the sky and open them like tree branches. Feel your foot connecting to the earth... imagine roots growing from your foot to the earths centre. You are growing from the centre of the earth into the sky. Open arms and sway in the wind, be a flexible tree. Sway side to side, and around your trunk. You are flexible, and strong.

What kind of tree are you? Can you visualise green leaves and strong branches? How do you feel? How do you think a tree feels?

Breathe in to the sky with your branches and as you breathe out, release and let go.’

Return to mountain pose and repeat on the other leg.

As a further activity with Gum Tree pose, take children out to touch trees and explore the meaning of their existence.

Benefits of Gum Tree Pose

Gum Tree pose helps children stay focused and calm. It improves empathy, imagination, co-ordination, core strength and balance.

Practise *Gum Tree pose* when children are scattered and need to re-focus. This is a challenging but fun exercise, which will boost self-esteem.



Monica Batiste

Author Artist Yoga teacher

Visit the author’s website for more books, downloads and information on art, yoga, virtues and emotional intelligence.

www.monicabatiste.com.au

Email info@monicabatiste.com.au

This page is not for re-sale, however it may be photocopied for classroom or home activities.