

GROWING SELF-ESTEEM THROUGH YOGA

Helping children reach their greatest potential

TRUST

PEACE

Happy CARE

Loyalty

KINDNESS Love

GENTLENESS

LIFE nurtu

NATURE

Grace

Resilience

RESPEC

HOPE



Fits into the Curriculum under PDHPE and Character Development

Monica Batiste





Growing Self-Esteem through Yoga



Helping children reach their highest potential

Monica Batiste



*“Character isn’t just about doing the right thing in an ethical sense; it is about doing our best work. If that is true, then character education isn’t about helping kids get along; it is also about teaching them to work hard, develop their talents, and aspire to excellence in every area of endeavor”
Lickona & Davidson 2005, p. 573*

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Self-Esteem

Self-esteem is how you feel about yourself.

High self-esteem means having positive beliefs and expectations about self. Low self-esteem means having negative beliefs and low expectations about self.

Self-esteem can be improved through positive interactions, positive feedback, and the growth of emotional intelligence.

Yoga improves emotional intelligence by offering a space where body language reflects emotions, and by improving the body, the mind follows. Just as by improving the mind, the body follows.

Using yoga as a tool for personal transformation is a loving, healthy, peaceful and honourable way to improve self-esteem in yourself, your family, your community and the world.

Loving yourself leads to loving others.

You can grow your self-esteem by looking after you.

If you are looking after you, your child will copy that. If you love yourself, your child will love themselves. If you are demonstrating kindness and caring towards yourself, then so will your child.

It's all about you. Love, honour and accept yourself right now, and move forward with gentleness and kindness to demonstrate self-esteem to your child.

Acknowledge your own success and achievements, no matter how small, and you will automatically do this with your child, and he or she will automatically do it for themselves and for others.

Yoga is an opportunity to practice virtues, acknowledgment and acceptance, because yoga postures exemplify life.

Yoga improves self-esteem by mirroring desired virtues. *Warrior poses*

reflect assertiveness. *Child's pose* reflects acceptance and vulnerability. *Lion pose*, *Noisy Gorilla* and *Woodchopper* improve the ability to 'speak up'. *Dancer's pose* improves grace and confidence. Virtues developed through the physical body become a part of the emotional body. All emotional experiences become part of the physical body and its shape and posture. It is all interconnected.

You will be able to guide a student to grow their self-esteem through noticing their language and body posture.

An indicator of low self-esteem could be, '*I can't do this posture*' meaning, '*I don't believe in myself*,' and '*This is too hard*,' can mean '*Life is hard/bad/scary and I am afraid to try*'.

Other indicators of low self-esteem are pushing into postures because 'they must achieve'. This could mean, '*I push myself to do things I don't want to do, even if it hurts me*'.

When children have experienced the pain or punishment of 'failure', they can be afraid to try something new. The wonderful thing about yoga is all postures are modified to suit your body and where you are in this moment. There is no right or wrong in yoga, so every posture is always a success.

If your child is struggling to do a posture, say things like, '*There is no right or wrong; there is no need to push; just relax and allow the posture (and life) to come to you. Let go and trust that you (and the world) will support you*'.

Acknowledge children when they are peaceful and self-accepting, to show them that life is easier when you accept where you are in this moment.

By improving self-talk, self-esteem and communication improve.

When you are true of purpose in mind, body, and spirit, you move with confidence and joy. When you open your heart to love, you experience freedom and spontaneity.

Emotional Intelligence

Emotional Intelligence (EI) is the wider range of emotional capabilities. EI is the capacity to recognise your emotions, to have the ability to make healthy choices based on those emotions, and the resilience or intelligence to keep growing in a positive way.

Emotional Intelligence is a key factor for a successful and happy life.

Self-esteem grows naturally in the emotionally intelligent child, and emotionally intelligent children communicate more effectively, giving them the opportunity to live a full and productive life.

Emotionally intelligent children take care of their needs and set appropriate boundaries.

Emotionally intelligent children experience social responsibility. They won't bully, and will take steps to care for and protect others.

Growing an emotionally intelligent child means growing yourself and role modeling the behavior you wish to see.

Emotional Intelligence acknowledges that all feelings are valid. It is what you choose to do with those emotions that builds emotional intelligence.

Yoga supports the growth of self-esteem and emotional intelligence because yoga grows the brain, supports the body, and offers a mindful practice that allows for introspection, self-awareness and compassion.

Yoga

Yoga is a combination of postures and lifestyle. Yoga improves flexibility, strength, co-ordination and balance, and its greatest aspect is its ability to develop inner peace, mindfulness, and character.

The yoga philosophy is to love and accept yourself just as you are, which helps you love and accept others just as they are. Yoga encourages non-judgment, peace, mindfulness, and caring for others.

These character-building aspects grow self-esteem by growing the child into the best version of themselves.

Each posture supports the emotional connection to self and others. For example, if your class is in meditation, and a child that is usually busy, stops and meditates for a few moments, you will be able to say *'I see your peacefulness (Name)'*. By acknowledging that moment of peace he or she begins to recognise what peace looks like. They have an opportunity to wire peace into their brain and nervous system. Through persistent acknowledgement their ability to move into peace grows stronger. There will come a time when this child knows what peace is, how to get there, what it feels like, and will acquire the ability to self-regulate and self-soothe into a more peaceful place.

Each yoga posture has many character-building virtues, and each virtue can be developed through yoga.

Self-esteem thrives inside a child who believes they are worthy and valued. A connected child will connect to others and maintain a healthy lifestyle.

There is no greater gift you can give to a child and the gift of their self.

Use this resource to begin your yoga practice in your home and classroom. You can follow Monica and receive free monthly resources to support your students and family.



Resting Butterfly helps children find trust and calm.

Growing Self-Esteem and Emotional Intelligence through Yoga

Grow your child's self-esteem and emotional intelligence by choosing postures that reflect the moment and its needs.

Nurturing postures such as *Child's pose* and *Resting Butterfly* can be used when a child needs to develop vulnerability and trust.

Tree pose and *Dancer's pose* can help children balance their brain and build focus.

Meditation brings a busy mind to rest.

Mindfulness brings anxiety to calm.

Noisy postures help release frustration or the tension of a busy day.

Smart Yoga postures help children relax the brain for learning.

Balance your practice with heart opening, nurturing, assertive and passive postures to help children have the healthy experience of all emotions.

All emotions are okay – because they help us see who and where we are.

As children move into the posture, you acknowledge the emotional aspect. 'I see your peace (Name),' or 'It's great to see you loving you (Name).'

You start on the mat because it's easier there; it's more obvious there. Then you move it into your life.

You can find virtues in every posture; for instance during *Meditation*, *Child's pose* or *Resting Butterfly* (even if it's a few seconds), you can acknowledge your child for peacefulness. During *Tree pose* you can acknowledge focus. During *Warrior poses* you can acknowledge courage. In *Cat pose*, you can acknowledge flexibility.

Acknowledgment starts right here, wherever you are, and when you acknowledge virtues, you see the transformation of your child's self-esteem.

As children grow self-esteem and take charge of how they feel, they will have the resilience to make positive choices for their wellbeing.

Resilience

Resilience is important because the higher the resilience, the easier it is for your child to recover from setbacks.

For instance, when someone fails an exam, is fired or rejected, the first response may be disappointment, but how that person feels about themselves determines what they do next, and how quickly they recover.

An emotionally intelligent child with high self-esteem will acknowledge how they feel and support themselves in a healthy way. They will understand that it hurts, know this hurt will eventually pass, not blame themselves, and as the hurt subsides, they will resume actions to achieve their goals. They will still believe in themselves.

The low self-esteem child feels defeated. They might see this as another piece of evidence that they are a failure; that they cannot achieve, and this experience might be their fault. They are likely to feel powerless and

helpless, and use negative words to describe their situation. They may not try again because, 'What would be the point?'

Without emotional intelligence, children cannot successfully move through pain or overcome difficulty.

Without resilience, children may turn to sulking, anger or depression. They might permanently change the way they deal with life in order to resist the chances of being rejected in the future.

A teenage child or adult may take abuse substances to overcome the pain of 'failure'.

The emotionally intelligent child has skills and tools to resolve and move through all situations, good and bad. Children learn this through the adults around them reflecting who they are. Role modeling positive behavior and acknowledging virtues is a powerful tool for healing and growth.

Yoga poses are introduced after each aspect of emotional intelligence to help you bring yoga and its benefits into your home and classroom.

Emotional Intelligence

Self-awareness, self-regulation, motivation, empathy, connection, and social skills.

Self-Awareness

Self-awareness is the ability to recognise emotions, moods and their effect on self and others. With self-awareness a child is more likely to self-assess strengths and limits, and build lateral thinking, resilience, confidence and self-worth.

Yoga helps children understand how they feel through introspection during postures. Postures reflect emotions and virtues. For example, a child that is insecure will usually reflect this through a slumped posture. Encouraging the upright posture of *Mountain pose* helps the child experience confidence. When standing tall, strong and proud in *Mountain pose*, you can acknowledge confidence, allowing the child's confidence to grow, and this will be used later in real-life situations. When you see a child being confident, even if it's tiny, comment 'I see your confidence', to help them recognise who they are.

Being confident in yoga leads to confidence in life.

To help children grow self-awareness, name their feelings for them.

'I can see/hear/ that you are sad.'

'It can be frustrating can't it?'

'I know this is difficult for you.'

'You are feeling angry.'

'I see your joy.'

When a child learns what their feelings are called, and start naming them back to you, a response such as 'Yes, you are feeling that' helps them validate their awareness. To help children build from self-awareness to self-nurture you can ask 'What do you need?' Children might say they need a

hug, or they may not know what they need. You can ask 'Do you need some time to yourself, or to play? Are you hungry?'

When children are angry, their ability to reason is switched off. Help them stay safe and others stay safe during an angry episode, and later, when they are calm, they will be able to tell you how they felt, what they felt, and how they can help to resolve this feeling next time. This helps to build self-reflection, which is imperative for learning self-regulation.

If a child is having difficulty expressing their emotions, using the noisy poses such as *Gorilla pose* (thumping gently on the sternum and making gorilla noises); *Wind in the Tunnel pose* (feet apart, lift arms high and with a wind sound, swoosh the wind through the tunnel (legs) and repeat); or *Lion pose* (from kneeling or standing, open mouth and roar like a lion). You can also make up postures that are expressive and give children a chance to release.

If children are stressed, practice *Brain Gym* before class or Emotional Freedom Technique (EFT Tapping) which is a simple strategy to release stuck feelings.

Mountain pose is our first posture for learning how to stand with ease and confidence.

Mountain pose



Mountain Pose

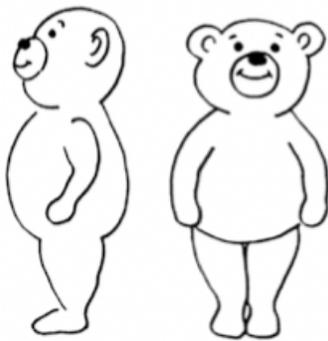
Postural alignment, core support, kinaesthetic connection of mind and body.

Virtues Developed

Confidence, mindfulness, centeredness, focus.

How to do Mountain Pose

Mountain pose



Feet together or slightly apart, soft knees, tuck tail bone down, lift up pelvic floor, tummy in, lengthen spine, heart forward, press shoulders back and down, arms by side. Imagine there is a golden cord running through your spine, and feel it lifting your spine up. Lift the back of neck and notice chin tuck in slightly. Breathe into whole of lungs: from tummy, to the side of ribs, then into the chest.

Full breaths. Imagine you are a tall, strong, confident mountain. Your feet are planted firmly into the earth, and you grow all the way up to the sky.

Stay in *Mountain pose* for up to thirty seconds. Feel the confidence of *Mountain pose*.

Every time you name a virtue, the virtue within that child grows.

Self-Regulation

Self-regulation is the art of recognising emotions and acting on them in an appropriate way.

By teaching children to observe and name feelings, children learn to recognise and address feelings. By showing children how to release stress through yoga, they become aware of their ability to self-regulate.

When virtues are acknowledged, children discover their character and use this information to regulate behavior.

For example, when you acknowledge trust in a child, the child learns they are trustworthy, and internalise this by trusting themselves to make decisions.

When a child is acknowledged for assertiveness or resilience, they are more likely to initiate activities (assertiveness) and bounce back from setbacks (resilience).

During yoga, remind children that each posture is an opportunity to accept themselves 'just as they are'. Teaching self-acceptance (through words and role-modeling) gives children permission to be themselves, which builds the confidence to try new things. When people are encouraged to love and accept themselves just as they are, they flourish in a positive and productive way.

Self-regulation for the emotionally intelligent child means knowing how they feel and using these feelings to guide their behavior for positive and healthy outcomes.

Self-reflection supports self-regulation

Self-reflection grows when feelings are recognised. Support this by naming feelings: 'I can see you are angry/sad/frustrated/afraid (Name) and that is okay. How can we release this feeling so that you feel better?'

'I can see your happiness/joy/peacefulness/confidence (Name).'

All feelings are okay; it's what you do with them that matters.

Every time you name a feeling for a child, you help them build their reservoir of emotional intelligence and their ability to relate, empathise, and grow.

High emotional intelligence means knowing how you feel and choosing behavior for a positive outcome

Mindfulness is a wonderful way to help children switch off stress because mindfulness brings you back into the present and helps you feel your feelings and move into your body.

Meditation grows introspection, and offers a tool to find peace, no matter what or where you are.

Meditation and Mindfulness are very similar. They both support brain development, switch off stress, and increase calm, peace, happy hormones, and immunity. The difference is meditation is often practiced by being still and with closed eyes, while Mindfulness can be practiced with eyes open, driving the car, playing soccer or washing the dishes.



When your child makes the connection that they can self-regulate their emotions they will thrive.

Meditation



Peaceful Pose Meditation

Meditation or deep relaxation is a valuable tool for a happy and productive life. Breathing deeply and relaxing the body helps calm the mind and allows inner peace. The benefits of meditation include slower breathing, slower heart rate, lower blood pressure, and an increase in oxygen and lung strength. Relaxation releases happy hormones. Meditation can be practiced in *Peaceful Pose*, but it can also be useful in *Child's Pose* for a minute or two. Five to ten minutes of meditation every morning will go a long way in setting a more peaceful tone for the day.

Virtues Developed

Peacefulness, mindfulness, focus, happiness.

How to Meditate

Play soft and slow music. Encourage children to lie or sit in a comfortable position. You can read the following meditation and make adjustments where needed:

Take several deep breaths, relax and release tension. Focus on your breath and become aware of how it moves in and out of your body. As thoughts enter your mind, let them go and return to your breath. Take deep breaths, and with each exhale, release and relax every muscle. Create a picture in your mind of yourself as healthy, happy and achieving your goals. Bring yourself to a positive place to appreciate all the good in your life. After several minutes, come out of meditation by stretching fingers and toes. Raise arms above head and stretch whole body. With a big sigh, release. Roll onto your right side and slowly sit up in a comfortable position.

Continue to breathe for another minute. As you feel the peace grow within you, know that you can take this peace with you as you go about your daily life. Breathe the energy of peace and success into your life. Softly open your eyes, and intend to have a wonderful day.

Motivation

Motivation is the ability to use emotions to guide or facilitate the achievement of goals.

Motivated children have the desire to improve and do their best without the fear of making a mistake. Motivated children feel confident to align their goals with other people and have the ability to work well in a team. Motivation inspires optimism that 'all will be well'. If an emotionally intelligent child fails to achieve a goal, rather than feeling hopeless the child acknowledges their disappointment, but continues to set goals because they believe in themselves.

When motivation is high, children believe they can achieve their goals. When motivation is low, children don't believe they can achieve their goals and are reluctant to try (because failure is painful). The best remedy for low motivation is to build confidence and trust in the ability to achieve. This is built through many observations of positive acknowledgment.

When a child has self-belief, they retain self-respect and self-love even during setbacks.

Resilience is the gold medal for motivation.

When Thomas Edison was inventing the light bulb, it took many experiments before he achieved his goal. He said, 'I have not failed. I've just found 10,000 ways that won't work.' When Olympic medalists go to the games, their goal is to do their personal best, so even if they don't achieve their ultimate goal of a gold medal, they have still won. This is an empowering attitude.

Yoga encourages motivation, as children will always achieve a yoga posture.

There is no right or wrong in yoga as all postures can be modified to suit the individual. Yoga can be practiced in a wheelchair, standing or sitting; postures can work around injuries or disabilities. If a child is unable to do any of the postures, invite them to sit with the class in mindful observation,

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and take deep breaths. Mindfulness in yoga is a joyful way to teach 'being present', which calms and relaxes the brain.

Daily success in yoga leads to the confidence to try new things and a positive attitude for life.

The benefits of yoga are transferable. For example, when I went scuba diving for the first time, I knew I could pull myself into a boat because I was strong from yoga. I knew I could regulate my breathing through my experience with meditation. I knew I could calm myself when fear was knocking, because I had learned calming techniques through yoga.

Victory pose is the body language for feeling like a winner. Feeling like a winner is more important than winning. When you have a winning attitude, everything works better.

Children have a natural ability to love and accept themselves, and yoga helps bring out this natural expression.

Victory pose



Victory Pose

Victory pose is a Winner's pose. It's the posture you take when you have won. It's how you feel when you know that you are proud of your achievements. Victory pose can be practiced everyday during the visualisation of achievement. The winning vibe doesn't have to be about one person winning – it's about everyone winning. You can win your own self-esteem. You can win by achieving that goal. You can win by seeing yourself as someone you love, and care about. You are awesome. Just as you are. You ARE a WINNER!

How to do Victory Pose

Stand strong; step one foot out to the side. Feet comfortable. Breathe in, open arms and lift up to the sky. Breath out, reach back, and face the sky. Tummy pressed in to protect spine.

Breathe deeply and feel excited about yourself. You are a WINNER! Shout HOORAY!! Visualise yourself in that winning circle, with your winning friends, happy, smiling, laughing CELEBRATE!! Everyone is a winner. Everyone! No matter the score, no matter the experience, everyone wins. Imagine this. Imagine you are all winners. Believe in yourself, believe in your family, believe in your friends. You can do it. You are already doing it.

Virtues Developed

Self-belief, flexibility, open-heart, confidence, motivation.

Congratulations!

Acknowledge virtues and allow your child to develop into the fullness of who they truly are.

Empathy

Empathy is the ability to be aware of and take appropriate action regarding other people's feelings, needs and concerns.

Empathy is an important skill as it prevents teasing, promotes understanding, and creates unity amongst all.

When children realise that other people feel the same emotions as themselves, they develop compassion.

Yoga encourages self-observation during postures. Ask questions like 'How does this posture make you feel?' and 'How does this posture change your feelings from anger/frustration/boredom to a better feeling?'

Observing self helps develop observing others. The empathic child is aware of how others feeling and are motivated to address it. 'Are you crying?' They ask. 'Can I get you a tissue? A hug?'

Paired yoga supports empathy because observation of others is necessary for collaboration. *Constellation of Stars* will provide this opportunity, and the laughter that usually follows helps consolidate the good feeling of supporting others.

Other poses that lend themselves to pairs are *Dancer's pose* (holding hands), *Gum Tree pose* (side by side, inner arms around each other and outer hands reaching over head like a tree branch), and *Tail-balancing pose* (feet touch). Have fun, invent ways to pair and support each other during yoga.

As children learn to support one another, empathy develops.

Grow empathy by imagining you *are* the tree. *Gum Tree pose* supports a child's ability to empathise, strengthen, balance, and focus.

By encouraging children to imagine they are the tree, they learn to tune into others and grow empathy and caring. Once a child has an emotional connection, they will naturally extend their compassion towards kindness and protection.

Gum Tree pose



Gum Tree pose

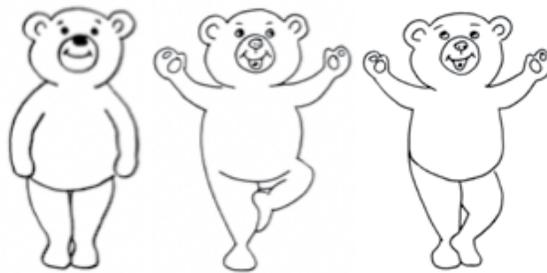
Gum Tree pose helps children stay focused and calm. It improves co-ordination, core strength and balance. Practice *Gum Tree pose* when children are scattered and need to re-focus. This is a challenging but fun exercise which will boost self-esteem.

Gum Tree pose promotes body awareness, kinaesthetic intelligence and spatial awareness.

Virtues Developed

Focus, clarity, mindfulness, groundedness.

How to do Gum Tree pose



Mountain pose Option 1 Option 2

Start in *Mountain pose*. Lengthen spine, tuck in tailbone, 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 or raise them above head or open them out.

‘Imagine you are a beautiful tree, grounded to the earth and as high as the sky. Open arms and pretend they are branches. Sway in the wind, side to side, around your trunk, knowing you are flexible, sturdy and strong. What kind of tree are you?’

Can you visualise green leaves and strong branches? Change sides.

Connection

Connection is the ability to love yourself, which helps you love another.

Loving yourself isn't about being vain it's about taking care of your needs in a loving and caring way.

Connection is important because it helps us feel valued, heard and seen. When we are connected, we grow.

If you are feeling lonely, then you need to feel connection. Begin by connecting to yourself in mindfulness and meditation. Ask yourself 'What do I need?' then do your best to fulfill that need to let yourself know that you are important.

When you are connected to yourself, you will find it easier to connect to another.

When you connect with children, you help them connect to themselves, because they learn about who they are from your expressions, language and actions.

Humans are social and need to feel valued, heard, and a sense of belonging within their family and community. The more we can accept people just as they are, the more accepting they will be of themselves.

Communities thrive when people feel valued.

Things that help us feel connected to our self, friends, family and our community:

- Making eye contact and smiling
- Being with someone, even if you have nothing to say
- Listening
- Being heard
- Sharing feelings
- Accepting people just as they are
- Spending quality time alone
- Spending quality time together
- Sharing adventures

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- Sharing common interests
- Being accepted for who we are
- Accepting others just as they are
- Trusting a friend with your thoughts and feelings, knowing they will keep you safe
- Being trustworthy to keep other people's feelings and thoughts safe
- Being valued
- Meditation
- Mindfulness
- Intention for positive and healthy choices

Things that help us feel connected to our earth:

- Walking barefoot
- Mindfulness in nature
- Meditation
- An intention to keep our earth safe and taking steps to love her

It is through connection that children find their sense of belonging, a sense of purpose and self-esteem. Connection to self, loved ones and community is the antidote to feeling like an outsider, (I don't belong) or unworthy (not enough).

Connection can be developed through acceptance. Acceptance begins with self.

'I am where I am and it's enough.'

'I am who I am, and I am okay.'

'It is what it is.'

Yoga postures flow with self-acceptance and each affirmation will build self-esteem, connection and trust.

Yoga postures that help us connect socially are in partner postures. Allow social postures to be fun and creative.

Growing Self-Esteem through Yoga

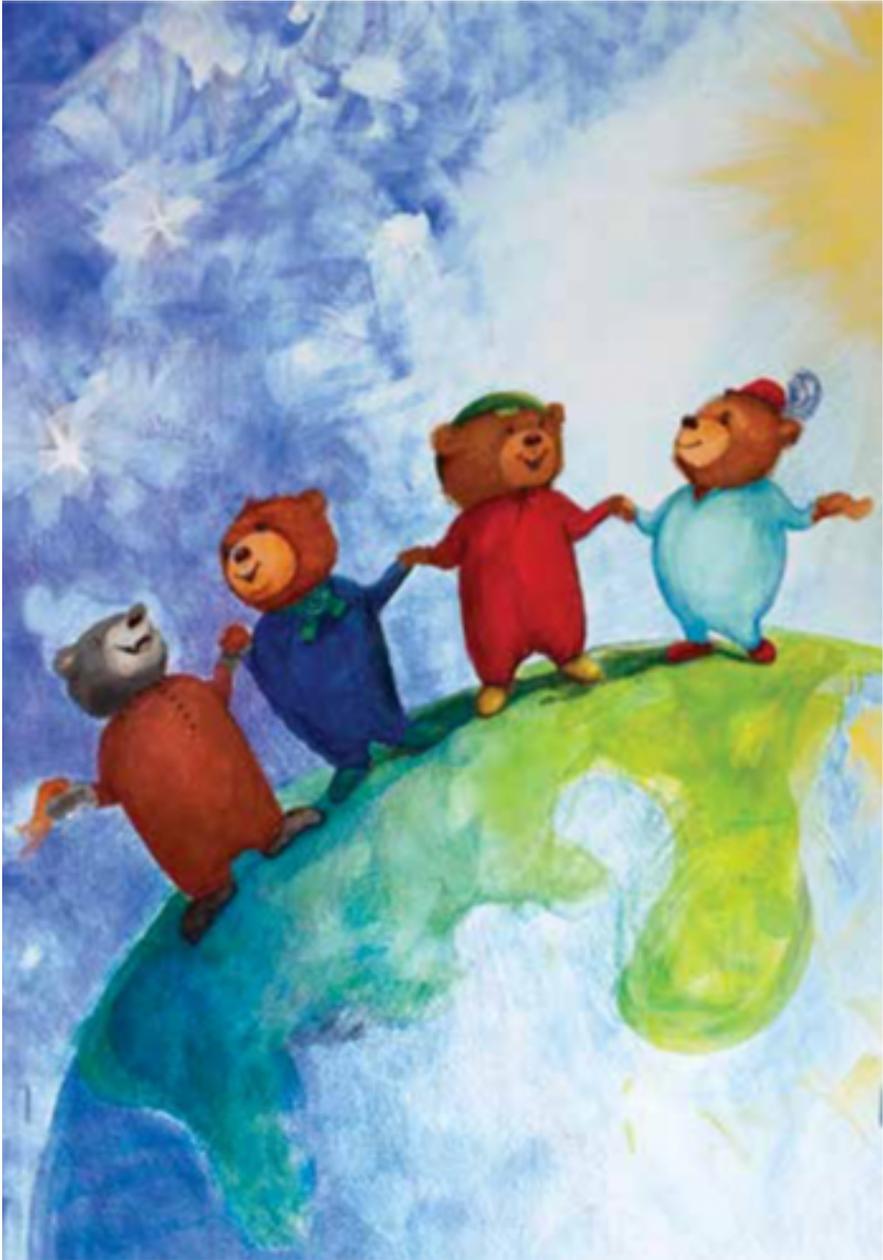
Friendship pose helps children connect because it offers unconditional eye contact which helps children feel seen, valued and accepted.

Constellations of Stars pose helps children connect because they need each other for support.

Other postures that support connection are *Dancer's pose* (connecting with the outstretched hand) and *Seagull pose* by holding both hands.



Friendship pose



Friendship pose

Friendship is the glue that keeps us together. Where would we be without our friends? Learning to love and accept ourselves just as we are, helps us to love and accept others just as they are. We can't change another, but we can change ourselves. The more we grow and are kind to ourselves, the more we are kind to each other. Pain doesn't motivate change like happiness does. If you want to change yourself, or help a friend change, use positive language and acknowledge virtues to create loving and harmonious relationships with others.

Forgive yourself when you make a mistake, and forgive others when they make a mistake. Doing this will help you keep peace and happiness in your heart.

The better you treat yourself, the better you treat others. Good friendship begins with loving yourself. Become friends with yourself, and allow your love to shine.

Virtues Developed

Friendliness, connection, unity, joy, happiness, compassion.

How to do Friendship pose

Hold hands, look into each other's eyes and breathe. As thoughts come to mind, let them go, look for the love and acceptance you inherently hold for one another. This only takes a few minutes and will support any relationship to bond more deeply.

Constellation of Stars



Constellation of Stars

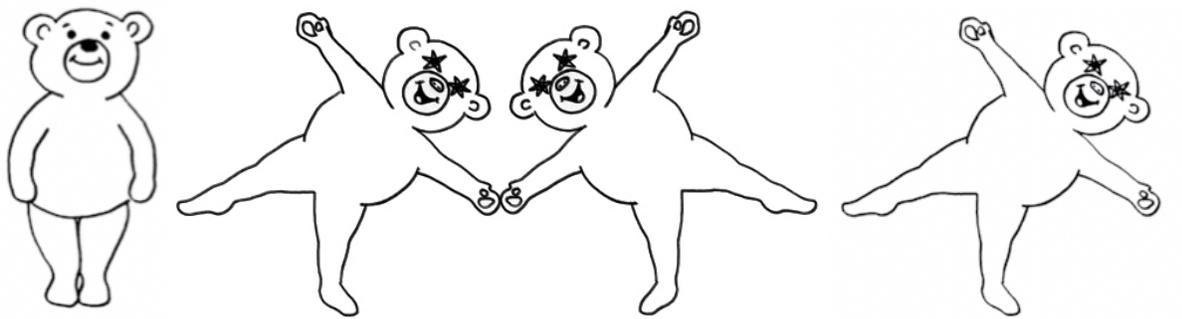
Balance, core strength, teamwork.

Virtues Developed

Friendship, connection, trust, balance, confidence, joy.

How to do Constellation of Stars

Stand with a friend at arms length apart, support your friend's balance and hold hands. Slowly lift outer leg, support your friend's balance. Hold up outer arm and make the shape of a star. Can also be done with several friends.



Begin in *Mountain pose*. Step one foot to side and keep foot close to earth for option one. Option two: slowly raise foot off the earth as arms stretch out and up to form the shape of a star.

What colour is your star?

What galaxy are you in?

Can you feel yourself shine?

Social Skills

When you have strong social skills, you are adept at communicating your needs, and adept at eliciting desired responses from others.

The social networker can influence others towards a common goal. A strong leader has strong social skills; they know how to influence, motivate and encourage others, and have the skills to negotiate and resolve conflict.

Social skills build bonds with friends and colleagues. The social networker has empathy to offer support, guidance or correction when needed, and the intelligence to recognise the emotional or sensory language of others in order to communicate in the method that is suitable.

Yoga improves social skills as it builds the child's ability to communicate, assert their needs, and feel confident within themselves. This encourages children to take risks and form bonds with others for mutual outcomes. Partner work helps children experience support from another.

Dancer's pose



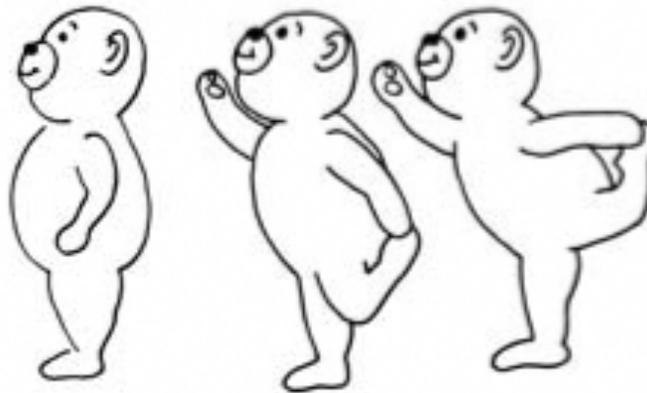
Dancer's Pose

Core support, balance, strength through thighs and arms.

Virtues Developed

Grace, confidence, balance, focus, concentration.

How to do Dancer's Pose

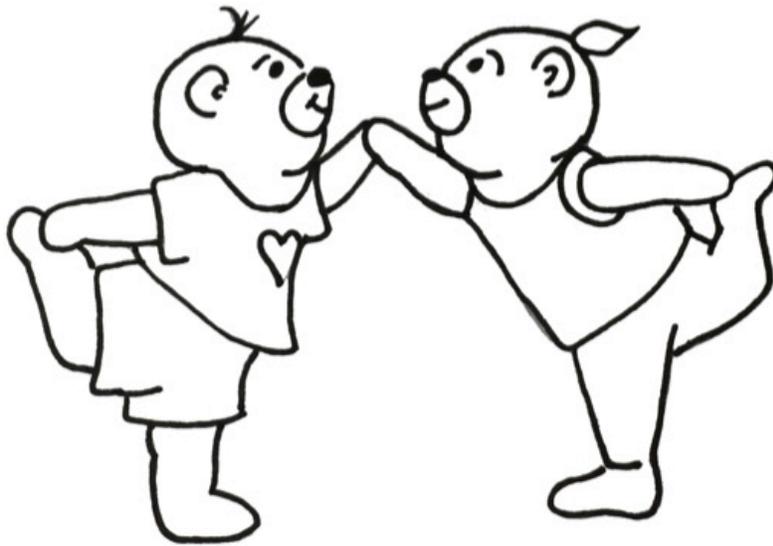


Mountain pose Small Tree pose Dancer's pose

Start in *Mountain pose*, breathe in and step right foot forward, hold left foot in left hand (small *Tree pose*) and stay here for option one. For option two, press foot into hand and lift foot to sky. Reach right hand forward. Press body towards the earth, and lift head and heart to sky. Lift leg higher, stay focused and hold for up to thirty seconds. Use your breath to stay focused. Look at one spot to help you balance. Return to *Mountain pose* and change sides.

How to do Dancer's pose with a Friend

Face your friend, and when you move into *Dancer's pose*, take your friend's hand and support each other's balance.



Dancer's pose with a friend builds trust and connection

Every Day

In the morning spend a few minutes in meditation to create calm and focus.

Set an intention for your day.

Throughout the day bring in the yoga postures that support the moment or activity.

Deep breaths every hour will maintain focus and intention.

You can also activate a *Virtue and Yoga pose of the Week* to focus on one yoga posture and one character development for each week, to grow it through acknowledgments, yoga and activities. I have included a section from *Kindness* for you to print and use. Each book has a virtue, what it is, what it looks like, and the yoga postures that will help develop it. They also include creative activities such as creating a *Kindness Tree* or an activity. There are colour-in pages, alphabet, letters, and posters included. Downloads available from TpT, Amazon and Monica's website. Free resources available each month.

Virtue and Yoga pose of the Week

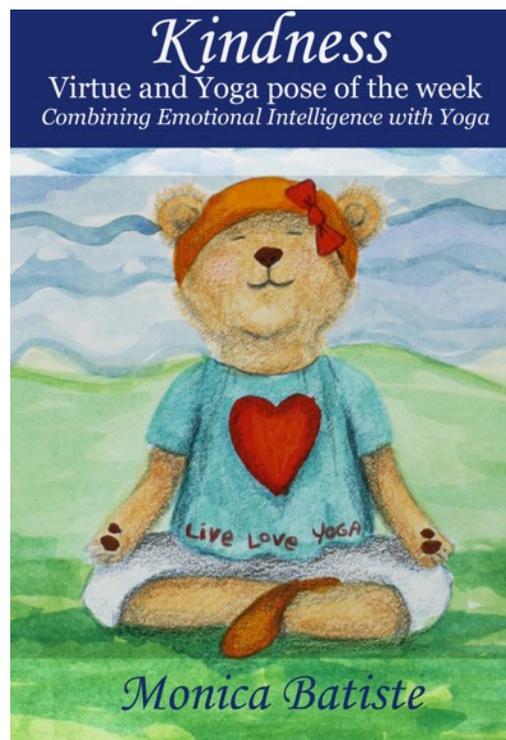
Virtue of the week is an opportunity to grow self-esteem through yoga in a fun and positive way.

Activities fit into the *Character Development and Physical Education* in the USA, and in the PDHPE Australian National Curriculum.

Printable activities, postures, cards and rewards are included in each feature.

Available as individuals or packs of four.

Kindness



What is Kindness?

Kindness is the act of speaking or behaving in a way that shows caring and love. You can be kind to people, places or things. Kindness is love in action. When you are kind, you take action that supports the wellbeing of yourself and others. Sometimes you might not *feel like* being kind, you might be feeling sad, mad or bad. And that's okay, because how you feel is how you

feel – but – no matter how you feel on any given day, you can still choose the action of kindness.

Kindness starts with you.

If you are feeling sad, a kind act would be to ask yourself ‘What do I need?’ and then give yourself what you need. If you cannot give yourself what you need, then take the closest action you can.

If you are feeling angry, a kind act would be to ask yourself ‘How can I release my anger in a way that is kind to myself and others?’ It might be to express your anger through *Lion pose*. Or you might need to stamp your feet and talk about your feelings to someone you trust. You would then ask yourself, ‘What do I need now?’ The answer could be to support an underlying feeling such as sadness. You might need some support, a hug, or something else.

When you are feeling joyful, happy and loving, it is much easier to be kind to yourself and to others, but you can be kind at any time, anywhere, because kindness is something you do.

Kindness is caring in action.

Kindness means feeding yourself when you’re hungry, keeping yourself warm and safe, and it means having friends that respect you.

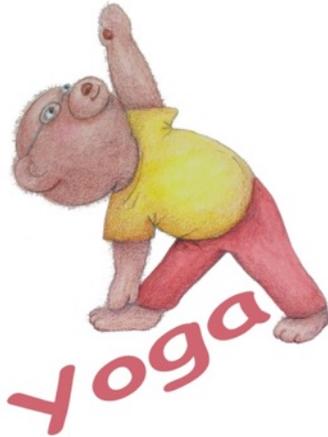
When you are kind to yourself, you are kind to others. When you are kind to others, you are kind to yourself.

When you are kind to your friends, you listen to their stories without teasing or blaming. When your friends are kind to you, they allow you to share your feelings or experiences without sharing your stories with others. When you are kind to your friends, you play in a way that supports the happiness and wellbeing of all involved. When your friends are kind to you, they invite you to play with them.

When you are kind to your friends, you invite them to play with you. When you are kind to strangers, you invite them to join in with you, even if they

look different to everyone else. Being kind is something *you do*.

Kindness is the action that grows and heals the world.



Kindness and Self-Esteem

Kindness grows self-esteem because kindness helps us feel good about ourselves. When we are kind, we like ourselves more. When others are kind, we like them more. We like to be kind. It's good for us. Kindness builds the bridge of self-esteem.

Kindness in Yoga

Yoga is about connecting the mind and body. Kindness begins in your own heart. When you practice yoga, remind yourself that you are where you are, and it's okay. Never push yourself into postures, breathe gently into stretches, and ease back when you feel it's enough. By learning to love, honour and accept yourself in each posture, you will begin loving, honouring and accepting yourself in life just as you are, right now. Be kind to yourself; eat nourishing foods, go to sleep when you are tired, and say nice things to yourself. You are worth it. You are doing a great job. You deserve kindness, love, and peace.

When you are supporting children during yoga, remind them to be gentle and kind to themselves. Allow children to learn what they need by asking

them to reflect during postures with questions such as, 'How does this feel' and, 'What do you need right now?' If a child cannot move into a posture, remind them to be gentle with themselves.

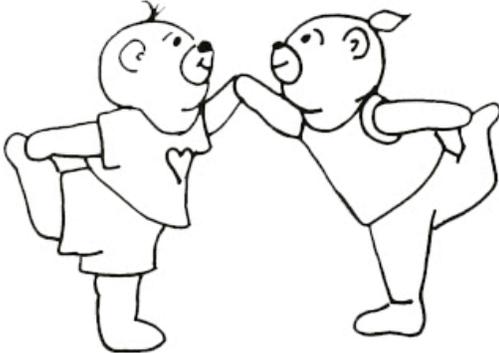
In yoga, the posture becomes possible when we let go of the resistance in our muscles and mind. In life, goals become possible when we let go of the resistance towards them. When we let go, we move forward. When we trust, we let go.

When we practice yoga we have an opportunity to practice the life skills of kindness, gentleness, trust and the faith that we will lead ourselves into the perfect place for us, and towards our greatest joy and our highest good. Inside yoga all feelings and virtues can be acknowledged.

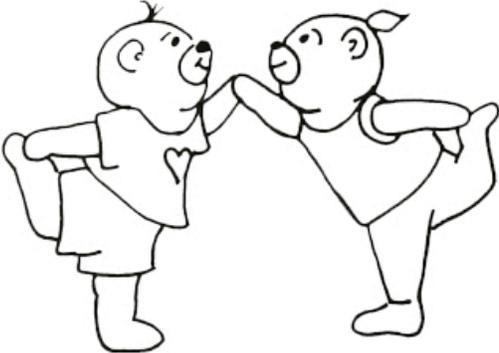
Emotional intelligence includes all emotions. It isn't how we feel that grows our emotional intelligence because we will always have contrast. Emotional intelligence is feeling how you feel, but choosing to love and accept others and ourselves with kindness.

Print the *Kindness* poster to place on your wall to remind everyone who enters your room that *Kindness* is being grown and acknowledged.

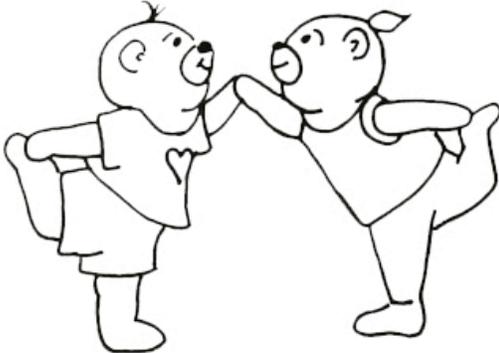
Print the *Kindness awards* and the *letter K* for your children to decorate and cut out. You can use these cards when you see a child perform an act of kindness. And you can invite children to award them to each other.



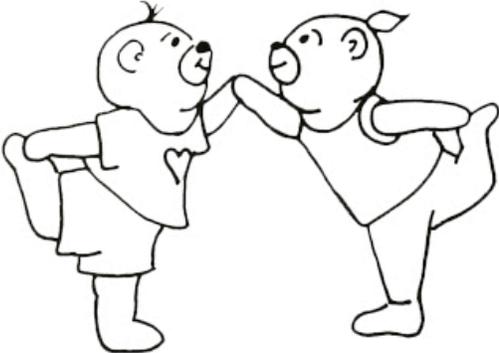
Kindness Award



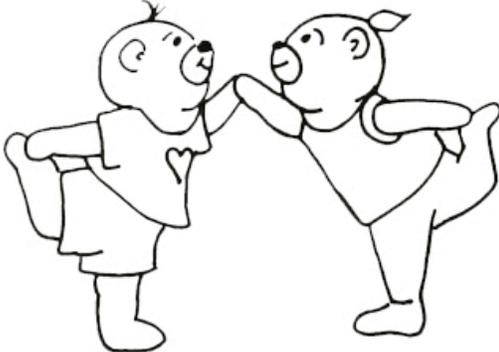
Kindness Award



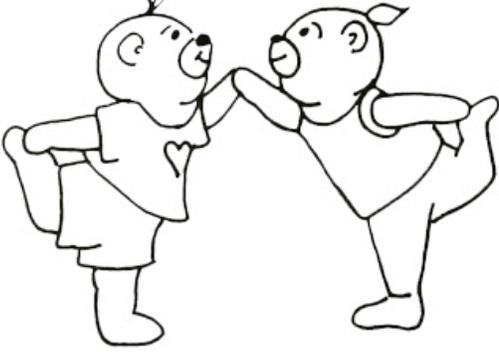
Kindness Award



Kindness Award



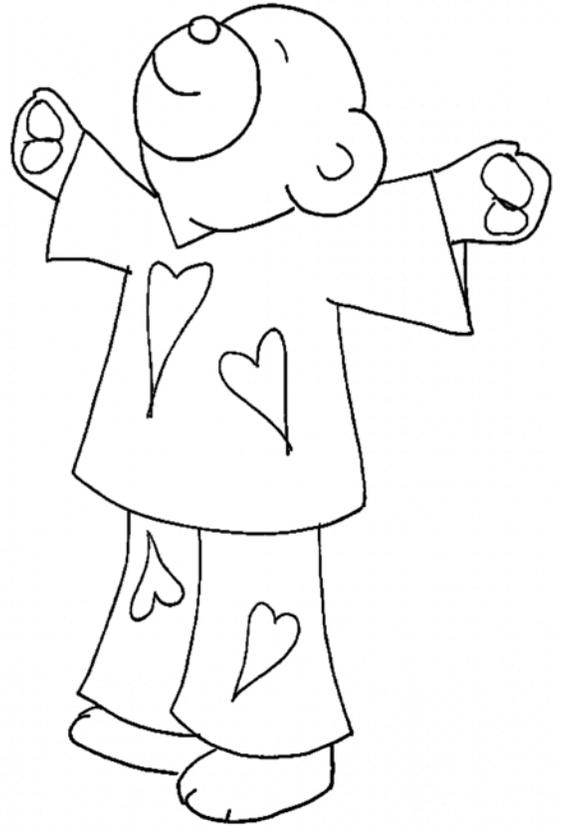
Kindness Award



Kindness Award

KINDNESS

Kk



I am kind



Virtues and Yoga

Acceptance	Discernment	Hope	Purposefulness
Agility	Discretion	Humour	Reliability
Ambition	Discipline	Imagination	Reparation
Assertive	Divergent thinking	Integrity	Resilience
Attention	Empathy	Initiative	Respect
Awareness	Energy	Idealism	Responsibility
Balance	Enthusiasm	Innocence	Reverence
Benevolence	Ethics	Intuition	Self-Awareness
Brave	Eloquence	Joyful	Self-Care
Caring	Excellence	Justice	Self-Confidence
Charity	Expand comfort-zone	Jovial	Self-Discipline
Clarity	Faith	Kindness	Self-Esteem
Cleanliness	Flexibility	Leadership	Self-love
Commitment	Focus	Letting-go	Self-Reliance
Compassion	Forgiveness	Love	Self-Respect
Communication	Friendliness	Loyalty	Self-Regulation
Confidence	Friendship	Manners	Service
Concentration	Fun	Meditation	Social-Skills
Considerate	Generosity	Mercy	Spiritual
Consistent	Gentleness	Moderation	Steadfast
Co-operation	Grace	Modesty	Strength
Courage	Gratitude	Motivation	Sincerity
Courtesy	Grounded	Negotiation	Tact
Creativity	Happiness	Open-Heart	Tenderness
Curiosity	Harmony	Optimism	Thankfulness
Dependability	Health	Orderliness	Tolerance
Detachment	Heroic	Patience	Trust
Determination	Holistic	Peacefulness	Truthfulness
Dedication	Helpful	Perseverance	Unity
Decisiveness	Honest	Playful	Understanding
Desire	Honour	Positive	Visionary
		Practical	Wisdom
			Zealous

Virtue and Yoga pose of the week
www.monicabatiste.com.au

Virtue and Yoga pose of the Week



Each week in your home or classroom, you can choose a virtue to focus on, a yoga pose that reflects it, and actions that enhance it. In our classroom we hang a poster of the virtue, and paste our **Kindness Tree** and **About Me** posters.

The Virtues Project developed by Linda Kavelin Popov, is the inspiration behind this program of growing character through yoga and activities.

Virtues with yoga is a wonderful opportunity to help children recognise character. It is uplifting and will benefit all that come into your room.

You can purchase our *Virtue and Yoga pose of the Week* eBooks from Amazon; Teacherspayteachers; or from Monica's website. They come as individuals or bundles of 4.

Follow Monica www.monicabatiste.com.au to gain access to more of her resources for families and teachers.



About Monica Batiste

Author Artist Yoga teacher

Monica has worked in the health and fitness industry for over 30 years. For the past 10 years her focus has been on developing self-esteem and emotional intelligence through yoga.

Monica teaches beach yoga in Redcliffe, Queensland, Australia. She offers professional development for parents and teachers.

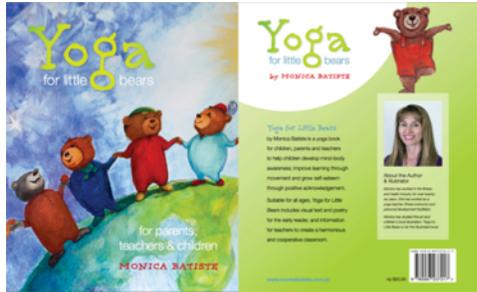
Art, writing, and health has always been a passion. Her education includes Fine Art, Illustration and design for Children's Books, and Creative Writing. In the fitness industry Monica has worked as an exercise instructor, personal trainer, and yoga teacher.

Monica lives north of Brisbane with her husband Andreas. Between them they have four beautiful daughters and seven awesome grandchildren.

Thank you for downloading my book and reviewing my work. Please follow me to see more of my updates.

More work by Monica

Yoga for Little Bears



Yoga for little Bears helps children grow emotional intelligence by helping them link movement with emotions. This book contains posters of yoga postures and their benefits. It has text for teachers, text for children who can read (a poem) and text for early readers (visual text).

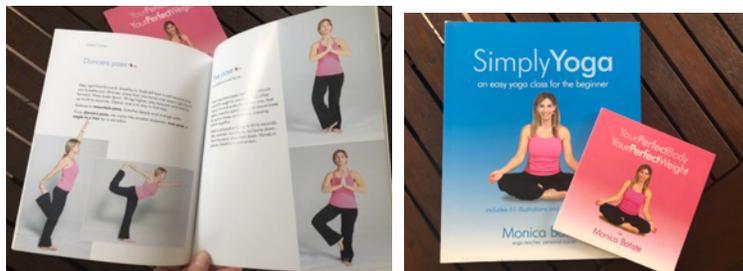
Children love this book, with many parents catching their children using it to self-regulate and play with yoga.

Yoga Bear posture cards (2018)



Yoga Bear posture cards are individual cards with yoga poses for children to play with and enjoy. Cards can be selected at random and then performed together in a group, or children can select several cards and create their own practice. A wonderful addition for your yoga practice.

Simply Yoga and *Your Perfect Body* (2011)



Simply Yoga is a compilation of Monica's beginner yoga class. With 61 illustrations, you will be guided through simple postures and breathing to help you improve in health and relaxation. It begins with easy postures, moves onto stronger options, and finishes with a relaxation.

Suitable for the beginner – intermediate.

Simply Yoga is a perfect companion for *Your Perfect Body* meditation CD

Your Perfect Body Your Perfect weight (2011) is a 25-minute meditation to train your conscious and subconscious mind to love eating healthy food (whatever that means for you) and to enjoy exercise (which is unique to you).

You will relax deeply during this meditation, learn to appreciate your beautiful body, and allow you to find your perfect health, shape, and freedom.

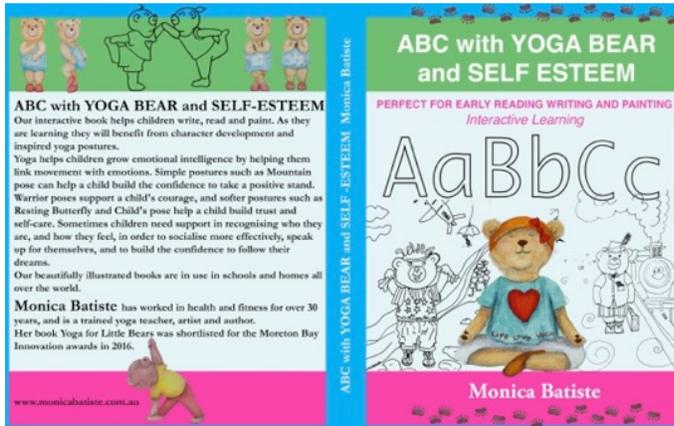
This CD includes two bonus meditations *Heal Your Body colour meditation* (25 minutes); and *Inner Peace (10 minutes)*, a shorter meditation for power naps.

EFT for Kids. Emotional Freedom Technique; Tap along with Moustache Bear (2015, 2018)



EFT is a simple technique to clear stress and relax the brain. Based on acupuncture points, the user taps on points along the face and body while talking about the stress or problem. The tapping discharges the negative emotion around the problem and gives the user a chance to insert a positive message instead. EFT is a perfect solution for children who aren't able to process emotions easily as it helps them feel and release before being able to talk about it.

ABC with Yoga Bear and Grow your Self-Esteem



An interactive guide for children to read, write, and paint. ABC with Yoga Bear includes the alphabet, yoga postures, affirmations and illustrations. Perfect for early and pre readers.

Thank you for all that you do.

This book is dedicated to my yoga class at Suttons Beach, for without you, this work would not be possible. Thank you.

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Categories: Health and personal development K-12 PDHPE; Core curriculum; character development. Title: *Growing Self-Esteem through Yoga*.

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Growing Self-Esteem through Yoga

Yoga helps children grow emotional intelligence by helping them link movement with emotions. Simple postures such as Mountain pose can help a child build the confidence to take a positive stand. Warrior poses support a child's courage, and softer postures such as Resting Butterfly and Child's pose help a child build trust and self-care. Sometimes children need support in recognising who they are, and how they feel, in order to socialise more effectively, speak up for themselves, and to build the confidence to follow their dreams.

Our beautifully illustrated books are in use in schools and homes around the world.

Monica Batiste has worked in health and fitness for over 30 years, and is a trained yoga teacher, artist and author.

Her book *Yoga for Little Bears* was shortlisted for the Moreton Bay Innovation awards in 2016.

