

Family Mindful Movement Practice

Honoring our Family Strengths



Check in and Reflect with your family on each family members strengths. What does each family member bring to the family that contributes to making it physically, mentally, and emotionally strong?

Create a family motto with each word. For example, my family has three members and we came up with the following three words to describe our family strengths.

The Chapman family is fun, loving, and hard-working!

Family Mindful Movement Practice

3 types of strength to practice and how:

Physical Strength—Muscle Power—Movement and Health Eating

- How do you move as a family and how do you fuel your family with healthy foods?
- Feel your muscles working as you practice these strong yoga poses, have fun!



Mental Strength—Brain Power—Healthy self-talk (how we think about ourselves) and decision making in challenging, stressful situations.

- Create an encouragement jar filled with positive self-statements to move through difficult times or use your family motto that you created to help you move through tough times together.
- Practice the YogaCalm positive self-talk while practicing yoga or something challenging as a family; *I am strong, I am in Control, I can do it, I can be Responsible!*

Emotional Strength—Heart Power—Ability to feel, identify, and express feelings (without harming oneself or others).

- Name it to tame it, practice connecting with your children by helping them name how they feel and then teach them healthy ways to cope with those emotions. What can they do that is helpful and healthy when the are angry, sad, anxious?
- Try lifting your heart to the sky in these heart opening poses:



Finish with 3-5 deep breaths and state your family motto together. *We are....*