

Listening with our Whole Selves



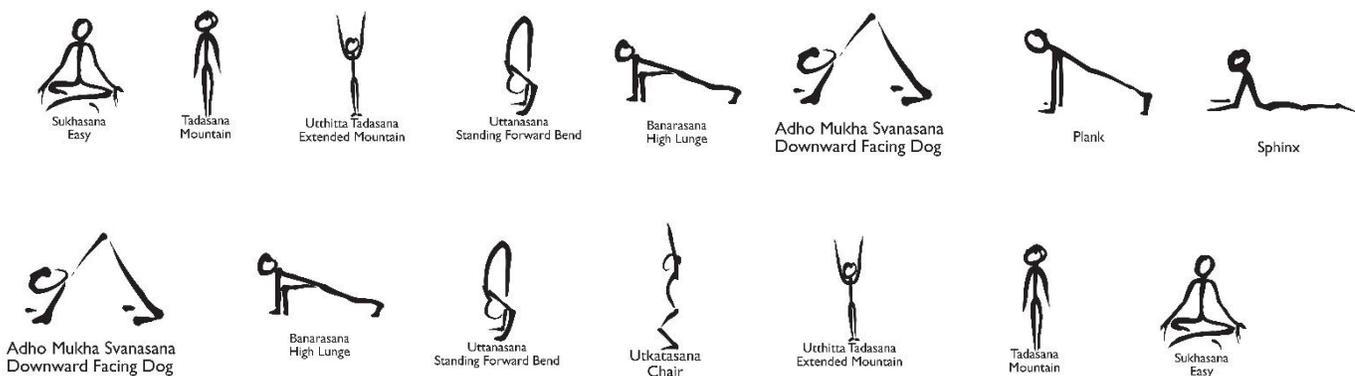
We can help our children develop a strong sense of self by learning to listen to the messages that come from the mind (thoughts/self-talk), body (sensations), heart (emotions) and learning to respond to the messages in a healthy way to get their needs met.

Check in and Reflect with your family by introducing the idea of receiving messages from our mind, body, and heart.

- What messages do we get from our bodies? Examples: our stomachs rumble to give us the message we are hungry, our muscles feel heavy and give us the message we are tired. What else?
- What messages do we get from the heart? We may feel sad and that is the message we need comfort or a hug. What else?
- What messages do we get from the mind? My self-talk is critical and mean which is giving me the message that I may need to do something distracting to get out of my head. What else?

Family Mindful Movement Flow:

As you move through this flow; tune into your **body** and listen to what it needs. To hold a stretch longer or shorter, to skip the pose all together? Yoga teaches us to be responsible with our body and do what feels good and safe. Work to let go of comparisons and negative **self-talk**, if you are at a different place than someone else in our family. Just because your sister/brother/mom/dad holds plank for 20 seconds does not mean you are ready to and that is okay. Everybody and every body is different, appreciate yours and listen to what it needs.



Finish with deep breaths and your hand on your heart repeating the affirmation *“I listen to my mind, body, and heart.”* Finish with family high fives or hugs :-)