

Creating Feelings of Strength & Confidence

Trauma can destroy a child's sense of self-worth and confidence in their abilities. Developing new skills can help build it back. And balance requires focus and concentration, so this pose can help quiet the mind.

Tree Pose: Growing Roots

Say, "Stand straight and steady on two feet. Press your palms together near your heart. Then press one foot into the mat while lifting your opposite heel." (For older kids: "Turn out your knee with your heel lifted, and bring your heel to your inner ankle. Move your hands up over your head.")

Say, "You are standing tall and straight, steady and strong. Just like a tree, feel your roots growing from your feet, deep into the ground."

As kids stay in the pose, you might say:

- What season is it? Is there snow on your branches? Leaves? Flowers?
- It's getting windy. Try swinging your branches (arms). Now it's sunny. Feel the sun warming your bark (skin). Now it's raining (or snowing)! Feel the raindrops (or snowflakes) on your skin.
- Reach your branches (arms) wide, out to your sides. Feel the air around them.
- No matter the weather around you, feel your feet on the floor. Try to feel each toe. Your roots will keep you standing strong. Whisper to yourself, "I am growing!"
- Just as a tree is always growing, your body will always be moving a little to help balance you. You'll never keep totally still! Looking at one spot on a wall in front of you can help you balance.

