RELAXATION, MASSAGE, YOGA FOR CHILDREN

YOGA POWERPOINT – STORED IN GLOW TEACHING STAFF GROUP

IMPORTANCE OF MENTAL HEALTH AND WELLBEING

*I know that friendship, caring, sharing, fairness, equality and love are important in building positive relationships. As I develop and value relationships, I care and show respect for myself and others.*

***HWB 0-05a***

*I understand the importance of mental wellbeing and that this can be fostered and strengthened through personal coping skills and positive relationships. I know that it is not always possible to enjoy good mental health and that if this happens there is support available.*

***HWB 0-06a***

*I can communicate clearly when engaging with others within and beyond my place of learning, using selected resources[[1]](#footnote-1) as required.*

***LIT 1-10a***

Mental and emotional health and wellbeing are specified within the Curriculum for Excellence experiences and outcomes; opportunities should be created throughout the school day to create a nurturing environment, both in an informal way and in a more structured, formal way through massage and yoga. Our pupils may through these activities learn to self-regulate by using some of the approaches provided, as they become more familiar with them. For others is may simply help them calm for a period of time. Such activities also provide ideal opportunities for communication at all levels.

There are other far reaching proven benefits of massage for children, such as…

* enhancing attentiveness
* alleviating depressive symptoms
* reducing pain
* reducing stress hormones
* improving immune function

The relaxation benefits of massage are widely known for people of all ages, so massage is a great way to relax your child. Massage can also give a number of physical benefits to your child. Massage increases the blood circulation and it is this fresh oxygenated blood that is essential for **muscle recovery**, be it from carrying heavy bags, playing vigorous sport or through bad posture caused by slumping over desks, sleeping on sofas, chairs, floors etc.

Massage also stimulates the lymphatic drainage system which is responsible for **eliminating waste and built up toxins** that accumulate when our bodies are put under strain.  This in turn will help the child’s system cope with less than ideal diet, common skin outbreaks and body odours.

Massage soothes the autonomic nervous system (this is the part that we cannot control, i.e. breathing, heartbeat, digestion), thereby **encouraging a better mind and body balance**.

1. [↑](#footnote-ref-1)