



A Little Bird

Situation: It's been a long day. No one got any sleep the night before. Naps were not successful and the day has been chaotic and crazy. The kids are screaming, crying, whimpering and you are about to join them. Everyone seems off balance

Let's sit like the Little Bird!

Solution:

It's time to let out some excess energy! Stop what you are doing and take a minute to re-group. Sit with children on the couch or the floor, hands on your lap, legs on floor. (If sitting, cross legs or stretch them out in front of you.) Do the sitting exercise, breathe in a deep breath through your nose and blow it out through your mouth. Visualizing a string going down to ground and up through top of head. Breathe in and out several times.

Modeling the behavior, do the sitting exercise yourself. How long can you hold the pose? It isn't easy, is it? Using visualization and really concentrating on the string and all the muscles in your body working hard to hold the pose can help.

This is a great exercise for us to do to when we are feeling run down or tired, like we are carrying the weight of the world on our shoulders.

After all, the children are not the only ones affected by the stress of life. We all could use some sitting down time!