

Habit Kraft

Yoga Suite

SAMPLE

4. Emotional Strength – Self-Regulation & Confidence

Overview:

This session focuses on helping children understand and manage their emotions, while also developing important cognitive skills. Through activities designed to improve emotional intelligence (EQ) and cognitive functions, your child will learn to recognize and express their emotions, build empathy, and strengthen problem-solving abilities. The content varies from session to session, focusing on different aspects of emotional intelligence, such as emotional regulation, empathy, self-awareness, and cognitive development through playful and interactive activities.

What's Covered:

- **Emotional Awareness and Regulation:** Helping children recognize their emotions and learn ways to manage them effectively.
- **Empathy Building:** Activities that encourage understanding and caring for others' feelings, promoting kindness and social connection.
- **Cognitive Skill Development:** Activities that enhance memory, focus, and logical thinking, fostering better decision-making and problem-solving abilities.
- **Mindfulness Practices:** Simple mindfulness activities designed to help children stay present and manage their emotions more effectively.

What Are the Benefits:

- **Enhanced Emotional Regulation:** Helping children manage their feelings and reactions in various situations.
- **Stronger Social Connections:** Increased empathy and understanding, leading to improved relationships with peers and adults.

- **Improved Cognitive Skills:** Boosted memory, attention, and problem-solving abilities that contribute to overall cognitive development.
 - **Increased Resilience:** By learning to manage emotions and stress, children become more resilient and better able to handle challenges.
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Sample Session Structure (60 Minutes)

Introduction (5 mins):

- Welcome your child and introduce the focus for the day: “Today, we’ll explore our emotions and learn how to manage them better, while also developing our thinking skills through fun activities!”
- Set the intention: “Let’s take a moment to get comfortable and think about how we’re feeling today.”

Warm-Up (5 mins):

- **Breathing and Relaxation:** Simple deep-breathing exercises to calm the mind and prepare for the activities ahead.
- **Emotion Check-In:** Ask children to identify and share how they are feeling, helping them build emotional awareness.

Core Practice (40 mins):

1. Emotional Regulation Activities (15 mins):

- **Feelings Chart:** Children will explore a chart of emotions, identifying how they feel and learning healthy ways to express and manage those emotions.
- **Calming Techniques:** Teach children calming strategies like deep breathing or counting to manage frustration or stress.

2. Empathy Building (10 mins):

- **Role-Playing Games:** Encourage children to role-play different scenarios, where they must practice empathy and understanding by putting themselves in others’ shoes.

3. Cognitive Skill Development (10 mins):

- **Memory Games:** Engage children in fun memory-building exercises like matching games or puzzles.

- **Problem-Solving Challenges:** Present scenarios where children must come up with creative solutions, boosting cognitive development.

Cool-Down (10 mins):

- **Mindfulness and Reflection:** Guide your child through a short mindfulness activity, encouraging them to reflect on their emotions and experiences during the session.
- **Relaxation Story:** Share a calming story that reinforces the importance of managing emotions and thinking through challenges.
- **Breathing Exercise:** End the session with another calming breathing exercise to help your child feel centered and relaxed.

Key Takeaway:

In this **Emotional Strength – Self-Regulation & Confidence** session, your child will gain valuable tools to understand and manage their emotions, while strengthening their cognitive abilities. Through engaging activities, your child will learn to express their feelings more effectively, build stronger relationships, and enhance their problem-solving skills, leading to greater resilience and emotional well-being.

Warm regards,

AJEET YADAV

Yoga Teacher | Mental Health and Diet & Nutrition Educator

Government Certified Yoga Instructor

Email: ajeet@habitkraft.com

www.habitkraft.com]