

Habit Kraft

Yoga Suite

SAMPLE

8. Mental Health & Lifestyle Support – A Balanced Mindset

Overview:

This session focuses on fostering emotional well-being, building resilience, and promoting a balanced lifestyle. Children will learn essential tools to manage their emotions, practice self-care, and develop healthy coping strategies. With a focus on mental health, stress management, and positive lifestyle choices, this session helps children create a foundation for mental and emotional resilience. The content varies from session to session, covering different aspects of emotional regulation, self-compassion, building resilience, and maintaining a healthy lifestyle.

What's Covered:

- **Emotional Regulation Techniques:** Simple tools to help children manage their emotions, such as deep breathing, positive self-talk, and relaxation techniques.
- **Building Resilience:** Helping children develop the ability to bounce back from challenges and setbacks.
- **Stress Management:** Teaching strategies to handle stress in healthy ways, such as physical activity, journaling, or talking about their feelings.
- **Self-Compassion:** Encouraging children to be kind to themselves, especially during difficult times, and to understand that making mistakes is part of learning and growing.
- **Healthy Lifestyle Choices:** Introducing habits that support overall well-being, including regular physical activity, balanced nutrition, and adequate sleep.

What Are the Benefits:

- **Improved Emotional Regulation:** Children will learn how to recognize and manage their emotions in a healthy way.

- **Increased Resilience:** By developing coping strategies, children will be better equipped to handle challenges and stay positive.
 - **Enhanced Mental Well-Being:** Regular mental health practices help children develop a positive outlook and reduce anxiety or stress.
 - **Better Lifestyle Habits:** Children will gain an understanding of how daily routines (sleep, exercise, nutrition) impact their mental and physical health.
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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 ways to handle our emotions and build a strong, positive mindset.”
- Set the intention: “Let’s begin by taking a moment to relax and focus on our breath.”

Warm-Up (5 mins):

- **Breathing Exercise:** Lead the children in a calming breathing exercise to bring awareness to the present moment.
- **Mood Check-In:** Encourage children to identify how they are feeling at the start of the session, either verbally or through drawing or coloring.

Core Practice (40 mins):

1. Emotional Regulation (10 mins):

- **Breathing for Calmness:** Teach children how to use deep breathing as a tool to calm their bodies and minds during stressful moments.
- **Positive Self-Talk:** Introduce simple affirmations that children can say to themselves to shift negative thoughts into positive ones.

2. Building Resilience (10 mins):

- **Resilience Stories:** Share stories or examples of how people have overcome challenges and discuss how they bounced back.
- **Resilience Game:** Use a fun activity that encourages children to face a small challenge and practice persistence, such as a puzzle or task that requires problem-solving.

3. Stress Management (10 mins):

- **Relaxation Techniques:** Teach children how to relax their muscles through a guided exercise, like progressive muscle relaxation.
- **Expressing Feelings:** Encourage children to share their feelings through art, journaling, or talking in a supportive environment.

4. **Self-Compassion and Lifestyle Choices (10 mins):**

- **Self-Compassion Exercise:** Guide children through an exercise that involves saying something kind to themselves or writing down one thing they like about themselves.
- **Healthy Routine Discussion:** Talk about the importance of routines that include exercise, rest, and healthy eating to feel good every day.

Cool-Down (10 mins):

- **Mindful Reflection:** Ask children to reflect on one new thing they learned today and how they can use it in their lives.
- **Visualization:** Lead children through a short visualization where they imagine themselves facing a challenge and handling it calmly and confidently.
- **Closing Affirmations:** End the session with a positive affirmation that children can repeat: “I am strong. I am kind to myself. I can handle anything that comes my way.”

Key Takeaway:

In this **Mental Health & Lifestyle Support – A Balanced Mindset** session, your child will learn vital emotional and mental health tools, including strategies to manage stress, regulate emotions, and build resilience. By practicing these techniques, children can develop a balanced lifestyle that supports their overall well-being, helping them to thrive emotionally, mentally, and physically.

Warm regards,

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