



## A LIGHT ON *Mindful Movement*

From busy parents, ever increasing school pressures, video games, shopping centres, and competitive extra murals, life has become somewhat stressful for children from a very young age. This fast-paced living can have a weighty effect on our children's lives.

Mindful Movement can help relieve these pressures. Through the different practices of Mindful Movement (fun, age appropriate movements, breath awareness, visualisation), children learn methods for relaxation, improved focus and concentration, self-calming and inner peace and fulfilment and are better equipped to cope with life's challenges.

### MANY BENEFITS OF MINDFUL MOVEMENT

- Enhanced flexibility, balance, strength, coordination and body awareness
- Improves focus and concentration
- Gives children tools to calm themselves and manage stress through breath awareness, visualisation and healthy movement
- A deeper connection with themselves and others and the world around them
- Increases confidence and positive self-image
- Creates a non-competitive environment
- Children learn to encourage and support one another.

Mindful Movement for the younger children incorporates storytelling, games and language into a program that engages the complete child. Children learn how to cultivate and maintain healthy bodies and minds.

To dispel the concept and avoid any religious or cultural messages, the team at Mzansi School of Yoga focuses on the benefits of the exercises and use generic terms, for the poses.

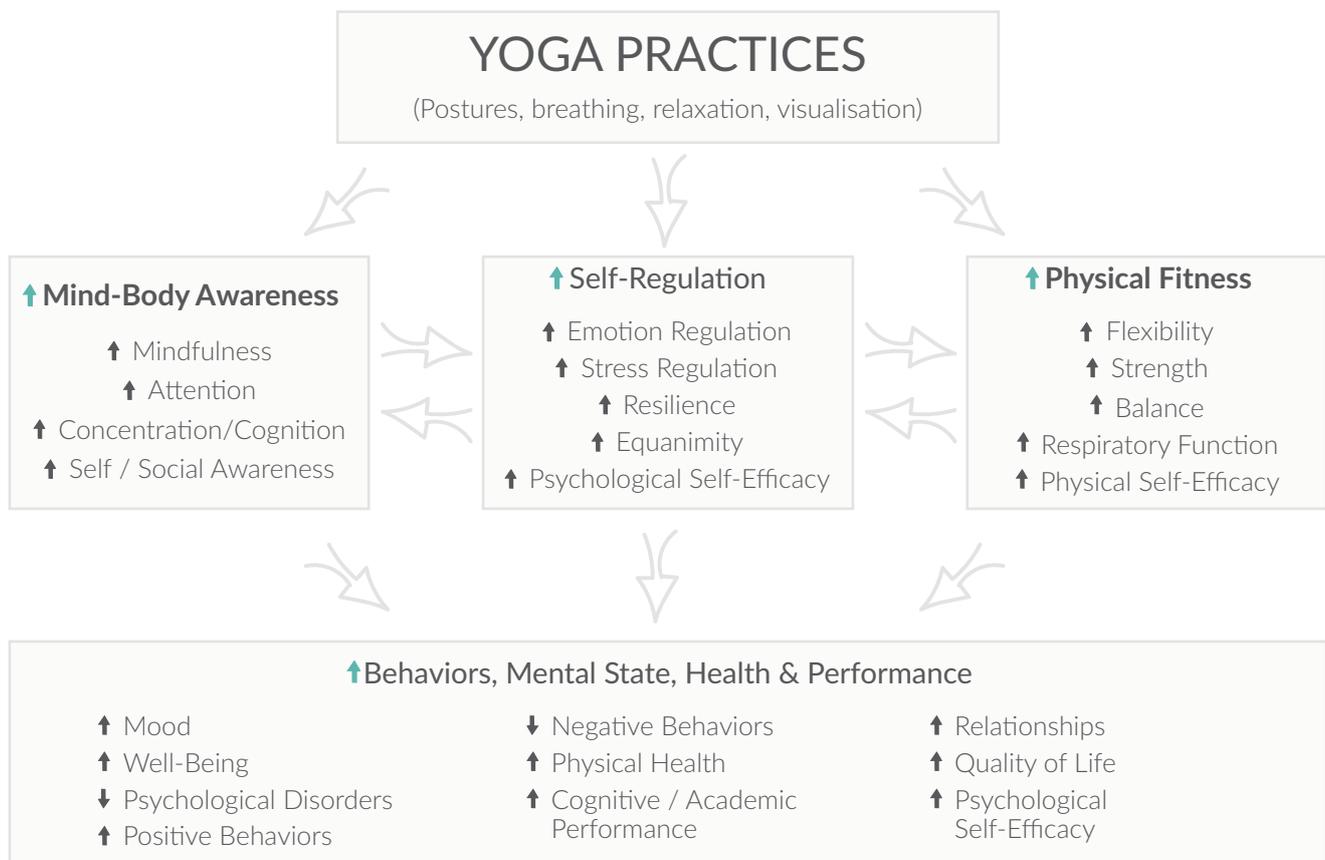




Studies have shown that Mindful Movement in schools has helped children suffering with anxiety due to the increased workload and stress placed on them, even at a young age. Children who were given mindfulness involvement improved in important measures, including psychosocially and emotionally.

After doing 10 weeks of classroom mindfulness, a University of Massachusetts study published in 2014 showed overall improvements in primary school aged children's social interactions with classmates, attention span, academic performance, ability to deal with stress and anxiety as well as boosting their confidence, self-esteem and overall mood.

According to a [2012 study](#) published in *The Journal of Behavioural Health Services & Research*, middle-school students practicing mindfulness reported positive mood and attitude changes, increased energy and improved ability to relax, as well as improved posture.



Butzer, B., Bury, D., Telles, S., & Khalsa, S.B.S. (2016). Implementing yoga within the school curriculum: a scientific rationale for improving social-emotional learning and positive student outcomes. *Journal of Children's Services*, 11(1), 3-24.

Yoga Kids Vectors by Vecteezy