




SUPERPOWERFUL KIDS



7 Steps to strengthen
your kids' emotional
well-being



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INTRODUCTION

When I was a kid, I was a football cheerleader with low self-esteem and full of anxiety. I grew up. I lived in Germany for a while working for a plastic injection company but something was not right within me.

I went back to Mexico and didn't know what I would do with my life. Suddenly something changed. I took a certification to teach yoga for kids and it healed much of my inner child. Since that moment I haven't stopped helping

children through yoga. I'm captivated to see the changes in my students with how they relate better to other kids and their families.



I have learned a great deal about what helps kids in their emotional growth. This is why I wrote this eBook: I want to give parents a guide on how to improve the lives of their little ones. We need you to activate your superpowers for yourself, for the world, for everyone.

SUPERPOWERS

My name is Angela and I teach yoga & mindfulness for kids. After so many yoga classes I realized these 7 superpowers. Superpowers? You'll wonder, does my child have superpowers? Of course they have!



They can use them whenever they can because great things happen when they do.

What kind of great things?

Kids that practice constantly activate these superpowers, they can teach others to develop them and it's very likely they end up practicing together. I have seen it in my classes. Every kid has an impact on their family. They become wonderful, happier and more resilient. That is a good thing for you, for the world, for everyone.

1. THE SUPERPOWER OF BREATHING



Breathing, as a superpower is the bridge between mind and body. When we control our breathing in a certain way to produce a specific sensation, we are practicing the superpower of breathing.

ENERGY BREATHING:
This breathing practice helps kids to stay focused and energized. Sugarfree!

Stand up, with your feet slightly open. Bring your hands to the center of your chest putting your palms together.

Take a slow deep breath through your nose as you bring your arms over your head. Pause. Release the air through your nose. As you separate your hands like a volcano exploding with force, move your arms to each side. Let your palms fall on your thighs. Repeat 3 more times. Notice how you feel.



RELAXING BREATHING:

When your little human is nervous or upset, their muscles usually contract.

Try this:

Sit comfortably. Place your hands on your belly button. Take a deep breath using your belly, so deep you can feel your hands being pushed forward. On your next inhalation, notice if the incoming air is warm or cool.

Breathe slowly counting 1, 2, 3. Pause.

Exhale counting 1, 2, 3. Inhale slowly counting 1, 2, 3. Pause.

Release. Breathe 1, 2, 3. Did something change?

BREATHING EXERCISES:

To make breathing more dynamic try incorporating play as a foundation.

BLOWING BUBBLES:

This activity is to achieve calm through breathing control. It consists of blowing bubbles into a cup with water and a straw. It is necessary to control the breathing by blowing gently so that the bubbles form. You can accompany the kids breathing calmly with him to demonstrate how it is done.

Mix 1 tablespoon of dish soap and half a cup of water and it's ready.



2. THE SUPERPOWER OF MOVEMENT



Connecting with this superpower is very simple believe it or not. Conscious movement is essential to the learning process:



YOGA TO ENERGIZE: Cat pose



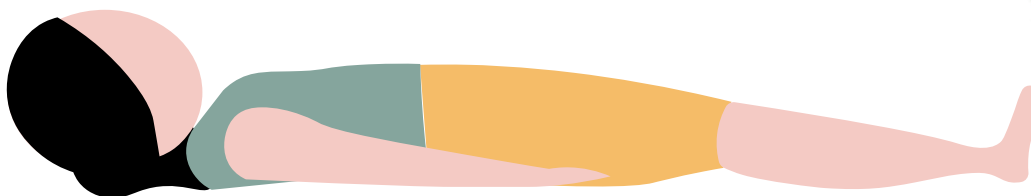
**YOGA TO BUILD CONFIDENCE:
Warrior 2 Pose**



YOGA TO LOWER TENSION: Rock pose



YOGA TO SLEEP: Starfish pose



3. THE SUPERPOWER OF VISUALIZATION

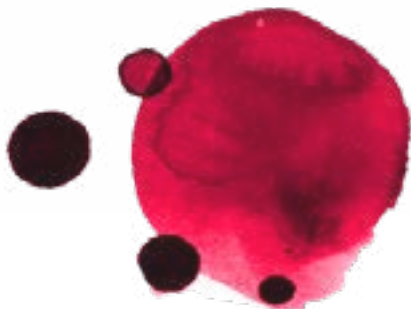


This superpower comes hand in hand with imagination. We allow the child to recognize their emotions and the possibility of transforming them.

HEART ACTIVATION:

Energy cleanse. Take a couple of deep breaths, inhale and exhale.

Rub your hands palm to palm and start feeling the warmth as you activate your energy.



Imagine a light growing between your hands. Bring your hands to your chest and notice your heartbeat and with that warmth ignite the energy of your heart allowing it to light up. Go lighting up every part of your body making your energy size grow. Take your hands to each part of your body and see how it lights up. Now see how bright you are and prepare yourself with this light to cleanse yourself

of everything you no longer need, of the emotions you no longer want and of the thoughts you don't want anymore.

Your hands are like an eraser and you are going to use them to cleanse your body. Now start erasing and shaking vigorously. Then begin to fill the spaces with the light of your heart. This light charges you with intelligence, health, clarity, peace & love.



4. THE SUPERPOWER OF MEDITATION



Meditation is the superpower of knowing what is happening in your head at any time and not letting yourself be carried away by what happens in it. This superpower is a marvelous habit for you and your little one.

ACTIVE MEDITATION: Water or sand, this tool is calming for sensorial kids being in contact with natural elements. Each time your child gets angry, offer them a small bucket of water or sand to put their little hands in. You can add toys or wooden sticks.

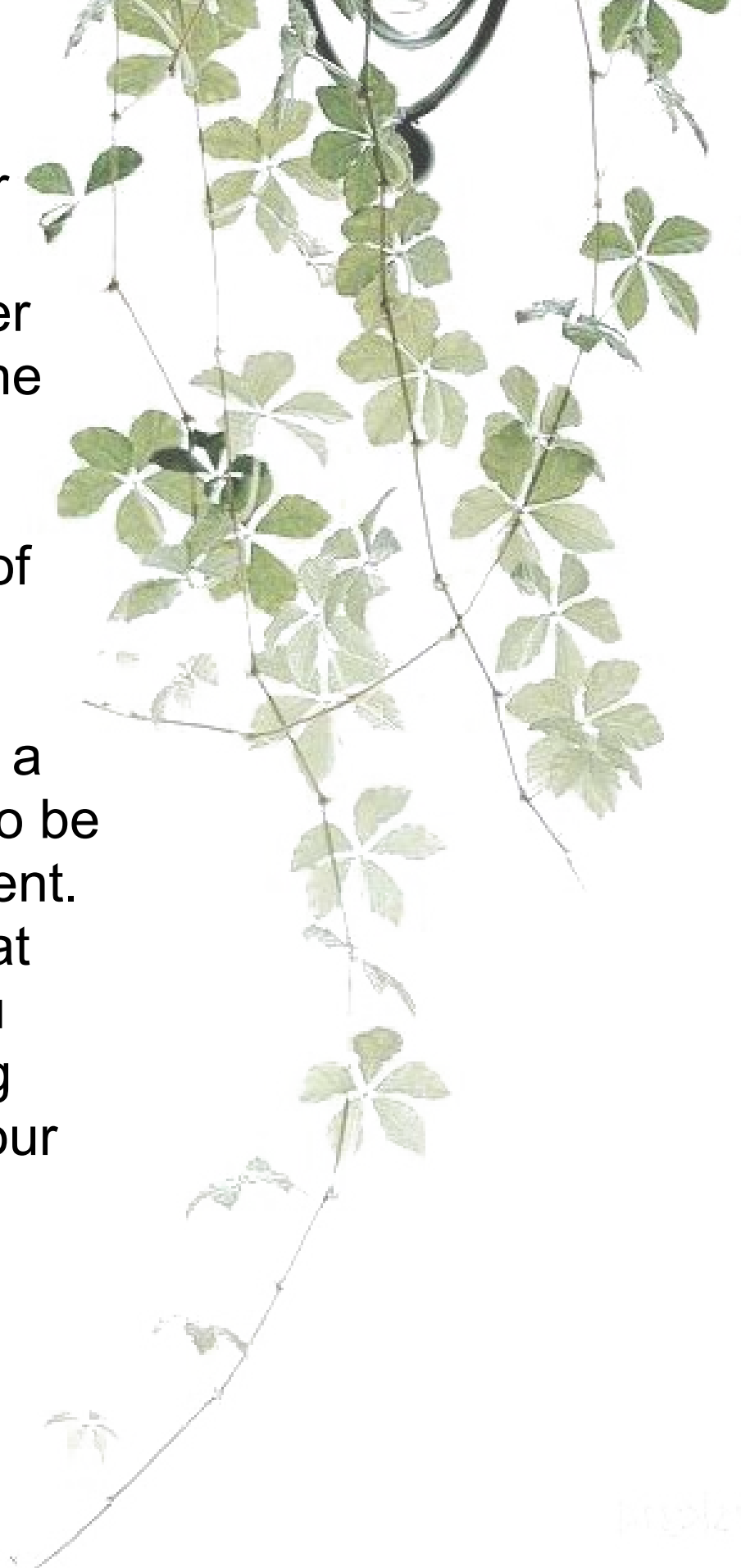
MINDFULNESS:

When brushing your teeth, pay special attention to the water temperature. Feel the soft bristles on your teeth and gums.

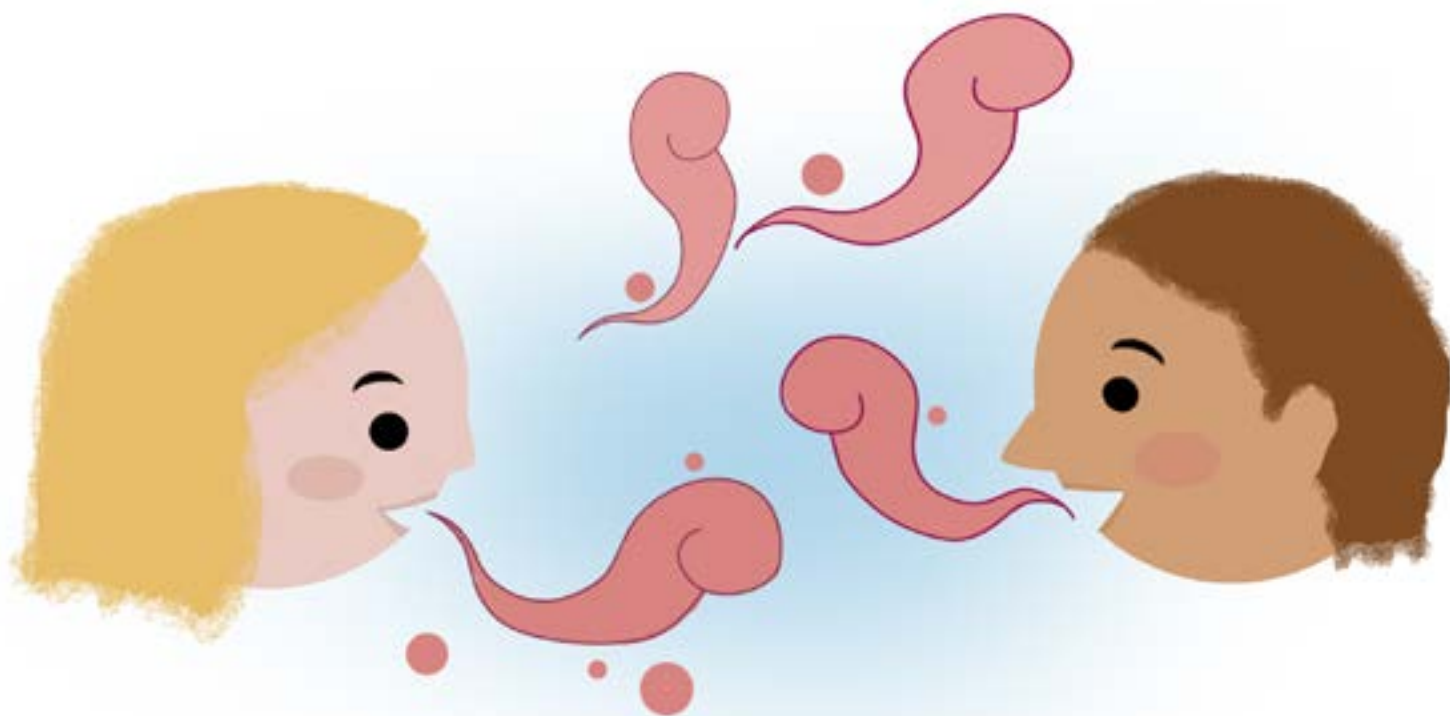
Focus on the taste of toothpaste.

Notice every aspect of the brushing. It is a wonderful practice to be in the present moment.

Pick three words that describe all that you discover while doing this exercise with your little one.



5. THE SUPERPOWER OF THE WORD



What you constantly repeat and affirm to your child will become their inner voice. That inner voice will tell them what they can and cannot achieve.

Who they can and who

they cannot be. Their thoughts will determine the life they will create and they will become what they think of themselves.



GRATITUDE:

Encouraging kids to think of things for which they are grateful or appreciate activates calm in the nervous system. This helps kids feel calmer and happier.

Science tells us that being grateful increases the levels of chemicals to feel good in the brain, which in turn makes kids have a more positive attitude and better attention.



DIARY OF GRATITUDE:

Drawing gratitude: Each morning, invite your kid to write or draw in their diary one thing they're grateful for. When kids appreciate kindness in their lives, it makes them feel inspired to give back to others.

KINDNESS:

Sit down and start noticing your breath. Put your hand on your heart and repeat aloud:
**“May I be happy.
May I be safe.
May I be at peace.”**

THE WALL OF LOVE:

Each day have your child write something they love on a piece of paper and have them stick it on a wall in the house. At the end of the month, your child will have a Wall of Love.

Leave it for a while or keep the notes in a box. That way your child can read them when they feel discouraged or have had a stressful day.



6. THE SUPERPOWER OF STILLNESS AND SILENCE



The most effective tool to shape self-control in your kids, beyond any technique that we put into practice to help them calm down is through your own exercise and emotional self-control.

CREATIVE RELAXATION:

Touch your thumb with each finger of your hand silently saying: “Peace” Change your finger. “Begins” Change your finger. “With” Change your finger. “Me” Start again. Repeat for 30 seconds. You can change the phrase for another of your liking.



RELAXATION TALES:

Imagine you are in a beautiful garden, full of flowers that smell really good. Colorful butterflies fly around. Those flowers are my non-virtuous thoughts of the day and we sow new seeds of virtuous thoughts (I can, I am intelligent, I am reliable, etc.)

From now on we will be gardeners of our thoughts. Every time we see a flower with non-virtuous thoughts we will remove that weed and plant seeds of love.

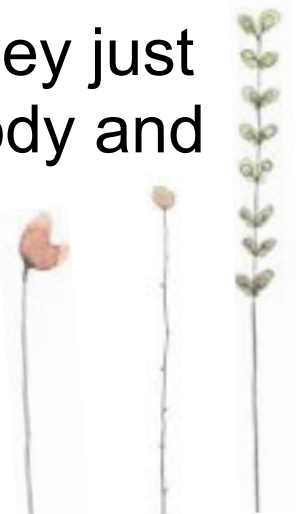


7. THE SUPERPOWER OF IDENTIFYING EMOTIONS



Draw where the emotions feel .

Draw your kid's silhouette. Ask them to draw in what part of their body they feel the emotions of fear, sadness, anger, frustration, courage, feeling of abandonment, worry, mistrust and low self-esteem. Now ask them to erase all the emotions they no longer want with the eraser. The thing is to do the same thing that they just did with the eraser but now with their body and using their hands as the eraser.



CONCLUSION

We have now learned how kids can activate their superpowers.

These superpowers are emotional regulation tools to being balanced and happy in this world.

If you are interested in your kid having 1 on 1 therapy with me, here I am:

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And if you want to be part of our group where kids are happy and can learn a lot, you can find me here:

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I will love to hear your feedback:

<https://forms.gle/mFKrDj7QzhWRTdjU7>

