

Yoga + Grounding Resources for PEACE, Outreach and Transition House program staff



The following is a list of grounding and yoga activities that was compiled by the Reaching Out with Yoga team. There are resources for front-line workers (to use for self-care or to pass along to clients).

Resources for Kids:

Little Flower Yoga [website](#) – lots of resources on their site

- Weekly free [30 minute self care classes](#) for parents/educators/support workers. All past ones are on the site to access as well.
- Weekly free [yoga classes for kids](#) (three different age groups, 3-16)
- 10 min [yoga practice for anxiety](#) (good for workers, parents)

[Kids for Peace website](#) has lots of activity ideas for staying at home

[Zara's Big Messy Day \(that turned out okay\)](#) – book, but has an illustrated video version where the author reads it aloud on the site. Would be nice for mum to read / watch with child.

[Cosmic Kids Yoga](#) (YouTube) – channel with tons of different short yoga classes. Spiderman yoga, Pokémon, Frozen, etc. Younger kids especially love it.

[What is Mindfulness](#) – and how to do it – Cosmic Kids video explaining in simple way what it can do

[How to deal with Anxiety and Feel better](#) – Cosmic Kids Covid specific mindfulness practice video

[Grounding for kids](#) – 2 min animated YouTube video

Resources for Youth:

[COVID-19 Youth Mental Health Resource Hub](#) (jack.com – a collaboration between Kids Help Phone and School Mental Health Ontario). Lots of great resources, links, infographs, etc.

[Self-care checklist](#) – long list of self care ideas

[Foundry website](#) - resources, services + supports for youth. Lots of online options, remote counselling, etc. right now in response to COVID.

Resources for Adults (workers or clients):

[20-minute Chair Yoga practice](#) (Yoga Outreach)

[BWSS wellness tips](#) for workers/women

[Yoga for Bedtime](#) (youtube) 20 minute gentle yoga class (not officially trauma-informed, but relaxing, nice for de-stressing)

Further reading / resources:

[Parenting in the Pandemic](#) – 1.25hr video presentation by Gordon Neufeld

[History of Self Care article](#)

[Mindfulness/Meditation Apps](#) – article about what's out there

Please reach out with any questions!

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