

# Relax

## *Activity*

**Resource:** Ideas for Action

**Grade(s):** 1 2 3 4 5 6 7 8 9 10 11 12

## What Is it All About?

Host a group yoga or meditation class. Conversations related to sensitive topics can be difficult, and yoga/meditation is often a good medium for self-reflection and self-care. Challenging the status quo can be stressful, so be sure to look after yourself! This work is really important but we need to take care of ourselves, too.

## Why Do It?

Yoga and meditation are important for self-care to decrease stress and anxiety.

## How Do We Do It?

Consider whether this is a one-time activity or a weekly class.

Work with an adult ally to determine a date and location for the activity.

Promote the event with the school social media account, posters, and PA announcements.

Figure out who is going to lead the event—is it something you can do as a group, or do you want to invite someone to lead the activity? Consider bringing in a yoga teacher who has experience in trauma-sensitive yoga.

Ensure that the activity offered is true to the spirit of yoga and focuses on health and well-being.

Provide adaptations to movements to accommodate different experience/ability levels.

Ensure supports are available (e.g., other peers, counsellors, adult allies, resources) if anything is triggered during the activity.

For examples, use the key words “yoga,” “meditation,” “mindfulness,” and “trauma-sensitive yoga” to search online for images and videos of a variety of self-care activities.

## What Else Do We Need?

- Markers, paper, and tape
- Space in the school or community
- Yoga mats
- Music and music player
- Permission forms (if needed)

## How Do We Get Creative?

Combine with a ‘SWAG’ger (“stuff we all get”) activity to create giveaways that reinforce your message (e.g., t-shirts, sweatbands, water bottles).

Take pictures of the activity, or a group shot of participants after the activity, and post them. Remember to complete media consent forms.

Use yoga poses to spell key words relating to health and wellness (if you need a guide, you can try the [Ophea Alphabet Yoga Cards](#)).

Use consent cards for students to share whether or not they want to be assisted (touched for posture adjustments) during the yoga class.