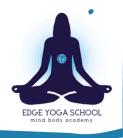
STRATEGY GUIDE

the whole brain child

use this guide to highlight.
your key takeaways

Yoga for Children trauma-informed edge yoga school



connect and redirect

name it and tame it

engage don't enrage

use it or lose it

move it or lose it

use the remote of the mind.

remember to remember

let the clouds of emotion roll by

· SIFT what's going on inside·

exercising mindsight: getting back to the hub

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increasing the fun factory: making a point to enjoy each other
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connection through conflict: teach kids to argue with a "we" in mind