



**JESSICA MCILVEEN**  
presents  
**KIDS YOGA THERAPY**

EMPOWERMENT



Child Behaviour Specialist  
Email: [jessica@jessicamcilveen.com](mailto:jessica@jessicamcilveen.com)

[www.jessicamcilveen.com](http://www.jessicamcilveen.com)



## EMPOWERMENT Jessica Mcilveen

The following are the props used in these exercises that can be purchased from anywhere that sells yoga supplies: yoga mat, cards.

Empowerment is one of the three core benefits of my work, and this video covers how to empower the body to empower the mind of your child.

Take notice of the language I use in this video and how I interact with the child. We have already selected the yoga poses from the cards. It is helpful to have these visual aids for your child with the cards as they need to see what their body is going to be doing in order to feel comfortable. This is especially true for children with ASD, and sometimes sensory processing challenges, as they are more visual than auditory. It's about thinking what your child needs to feel comfortable while moving their body.

### Downward dog pose

Both of you get into a kneeling position with your hands flat on the mat, then push the body right up with the heels off the ground, balancing on hands and toes.

Hold that pose and use the following dialogue.

"You're going to tell me when it starts to get hard"

"Take a deep breath through your nose and blow it out"

"Relax your head and pretend your neck is like jelly, so it's nice and soft"

"Relax your shoulders and let me know when it starts to get hard"

*When they say "now" tell them:*

"We're going to stay like this for 10 more seconds, you can do this"



*Start counting from 1 to 10. When you've finished counting say to them:*

"You did it! Well done, did you get tired?"

*Next pose (it doesn't say the name)*

*"For our next one can you repeat these two sentences after me*

*"I am strong"*

*"I don't give up"*

*Wait until they repeat the sentences.*

*"We're going to use those two sentences when we do the next pose"*

*Both of you sit up with knees bent and arms stretched forward*

*"Lean back a little bit now and lift your feet off the ground"*

*"What muscle do you think is working right now?"*

*When they answer:*

*"Interesting. Do you feel any other muscles working?"*

*"OK. We're going to stay here until it starts to get hard so let me know when it starts to get difficult for your body"*

*"Let's say together, I am strong, I don't give up"*

*"You're doing so well"*

*When they say it's getting hard or they can't do it anymore:*

*"OK we have 10 seconds left so let's say our special sentences, "I am strong, I don't give up"*



*Count from 1 to 10 repeating the sentences a couple of times towards the end. When it's finished give them some positive feedback or do a high 5.*

*"Are your legs tired after that? So are mine"*

This technique may seem simple and basic which it is, but what it's doing is helping you to find your child's threshold. You want to know when it starts to get difficult for them because what's happening is their body is sending the brain messages such as "give up", "don't do this", "just quit", "I don't want to do this anymore", "it's too hard".

These messages are being sent to our brains on a daily basis, especially children who don't have a positive sense of self. They may have learning difficulties, or certain diagnoses where they don't feel confident at all. The aim is to get the body into the state that pushes past the threshold. This is when you get to empower the body which then empowers the mind.

Success builds more success. When you can allow your child to feel successful in their body they start to feel more confident and successful in themselves.

When you start to bring in mantras such as "I am strong", "I don't give up", "I am powerful", "I am brave" when the body is in a state of stress and exhaustion, it tricks the body and the mind. It's a way of sending in new messages, using new dialogue instead of the old which is "give up", "I can't do this", "I don't want to do this", "I'm not good enough".

That is really the goal here in this practice of empowerment.