

Tree Pose w/ BE Buddy®

"I can use my breath to stay focused and stable."

Stand up straight and tall with ears over relaxed shoulders.

Place your BE Buddy® on your head and gaze forward, keeping your eyes focused and steady.

Bring your hands together at the heart center.

Shift your weight to one side and kickstand your other foot to rest on the ground or above/below the standing leg's knee (your tree trunk).

Use your focus muscles and steady breath to balance in Tree Pose.

Hold here for 3 breaths.

If you stumble, smile and try again.

When ready to come down, slowly inhale and exhale as you return your feet to the ground.

Repeat these steps on the other side.

Tips: Introduce kids to a single-pointed focus to tune out external distractions.

Ask: *Can you stay calm and focused amid change and challenges?*

What helped you stay focused when surrounded by distractions?

Variations: If you feel balanced, grow your arm branches up toward the sky overhead or out to the side for wider branches.

Pretend to be a powerful storm swooping through the forest. Distract on purpose by making silly faces or sounds.

