



**Jennifer Cohen Harper: Navigating Anxiety in Children for Caregivers**



Jennifer Cohen Harper is an educator, author, public speaker, and mother, who works to support children, teens, and families in the development of strong inner resources through the tools of yoga and mindfulness. Learn how to give our kids all of the tools we can to help them access their inner strength.

**TOP EMBODIMENT TIP:** Feel your feet. Stand up, walk and pay attention to the bottom of your feet. And if that doesn't work, try to find your own heartbeat, just to remind yourself that you actually are living in a body.

**Protecting the child from the world: All Kids Can Thrive**

- Our main goal is to build up their resilience.
- Anxiety is a feeling of worry, nervousness or unease about an imminent event or an uncertain outcome.
- People with anxiety often have recurring intrusive thoughts or concerns.
- Anxiety can come out in a very wide range of behaviour that doesn't necessarily look like anxiety.
- What does anxiety feel like in your own body? Anxiety is an embodied experience.

**Use the body to talk to our mind: What are Common Causes of Childhood Anxiety?**

- Loss of a loved one, screen time, parents fighting, illness, bullying, over-stimulation, disconnection.
- How can I reduce stimulation, and increase connection? Getting the child to say "I can handle this".
- Over-stimulation: Academic pressure, technology, changing expectations, lack ability to predict the future, world events, Covid-19, over scheduling / not enough downtime
- Disconnection: Adult technology use, it makes the kids competing for our attention and we miss their cues.

**Reduce talking: Reconnect with the Child - Decreasing Over-Stimulation**

- Back to back breathing: notice your own breath, notice the other person's breath, match each other's breath.
- Mirror hands: the adult mirrors the child's hands gestures. Sense of being seen and understood.
- Rainbow breath: Create the rainbow breath after breath, then imagine you sit under the rainbow.
- 5 senses: explore the present moment with sight, hearing, smell, taste, touch. Take a moment to check-in.

**Resources**

- ❖ **Books:** *Thank You Mind; Thank You Body, Thank You Heart; Little Flower Yoga for Kids; Mindful Chair Yoga; Yoga & Mindfulness; Best Practices for Yoga in Schools; Pequeño Yogui; Teaching Mindfulness Skills to Kids and Teens*
- ❖ **Course:** [Navigating Anxiety in Children Meeting Stress with Inner Strength](#)
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**Leslie Kaminoff**, co-author of the bestselling book “Yoga Anatomy” is a yoga educator and internationally recognized specialist with over four decades’ experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines intellectual rigor, spontaneity and humor, and is always evolving.

[YogaAnatomy.net](https://YogaAnatomy.net) is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and [YogaAnatomy.net](https://YogaAnatomy.net) has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

Kaminoff & the entire team at [YogaAnatomy.net](https://YogaAnatomy.net) are thrilled to be sponsoring the Yoga Channel for The Embodiment Conference. To celebrate, they're offering each attendee free access to a Home Workshop Series, where you'll focus on the intersection of embodiment, breath, and your mind. Plus, you're eligible for a \$1,000 USD scholarship towards working directly with Leslie in one of his professional training courses. [Click here](#) for scholarship details and immediate access to the workshop.

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