Creating Feelings of Strength & Confidence

Trauma can destroy a child’s sense of self-worth and confidence in their abilities. Developing new skills can help build it back. And balance requires focus and concentration, so this pose can help quiet the mind.

Tree Pose: Growing Roots

Say, “Stand straight and steady on two feet. Press your palms together near your heart. Then press one foot into the mat while lifting your opposite heel.” [For older kids: “Turn out your knee with your heel lifted, and bring your heel to your inner ankle. Move your hands up over your head.”]

Say, “You are standing tall and straight, steady and strong. Just like a tree, feel your roots growing from your feet, deep into the ground.”

As kids stay in the pose, you might say:

- What season is it? Is there snow on your branches? Leaves? Flowers?
- It’s getting windy. Try swinging your branches (arms). Now it’s sunny. Feel the sun warming your bark (skin). Now it’s raining (or snowing)! Feel the raindrops (or snowflakes) on your skin.
- Reach your branches (arms) wide, out to your sides. Feel the air around them.
- No matter the weather around you, feel your feet on the floor. Try to feel each toe. Your roots will keep you standing strong. Whisper to yourself, “I am growing!”
- Just as a tree is always growing, your body will always be moving a little to help balance you. You’ll never keep totally still! Looking at one spot on a wall in front of you can help you balance.