



Brought to you by Yoginis Yoga

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Introduction



Being kind is the secret to happiness, it is one of the most powerful forces for good. In a challenging world, kindness brings comfort and strength. Kindness costs nothing, but means everything.

Benefits of practising kindness

- Brain releases Oxytocin (love hormone) - helps us to feel connected, leading to more positive interactions
- Nitric acid - lowers blood pressure and improves heart health
- Serotonin (happy hormone) - improves mood and reduces depression
- Tones the vagus nerve - people with higher vagal tone have better overall heart health, lower levels of inflammation, stronger social bonds and tend to exhibit better emotion regulation
- Enhances good mental health - promotes gratitude and positivity
- Helps anxiety - research has shown that those who perform 6 acts of kindness per week found a significant improvement in mood, relationships and social avoidance

Quotes about kindness

“Kindness is a gift everyone can afford to give”

“Let kindness be your superpower”

“Kindness puts hope in people’s hearts”

“Kind people are my kinda people”

“What makes you the most beautiful person in the world no matter what you look like? Kindness”

“Happiness is the new rich. Inner peace is the new success. Health is the new wealth. Kindness is the new cool” - *Syed Balkhi*

“Be kinder to yourself. And then let your kindness flood the world”
- *Pema Chadran*

“When you are kind to others, it not only changes you, it changes the world” - *Harold Kushner*

Challenge Card

Key Stage 3&4+	Bronze	Silver	Gold
Tasks	<ul style="list-style-type: none"> <input type="checkbox"/> Find kindness, quotes. Choose one that you like and display it somewhere to inspire you each day <input type="checkbox"/> List ten ways you can show kindness to yourself and commit to doing one of these each day until kindness to self becomes a habit <input type="checkbox"/> Do something kind for another person <input type="checkbox"/> Colour in the monkey mandala to practise mindfulness 	<ul style="list-style-type: none"> <input type="checkbox"/> Use the rainbow of kindness to list some kind words you would like to say to yourself <input type="checkbox"/> Using the rainbow of kindness, think about a person and list some kind words you would say to them <input type="checkbox"/> Choose one thing you would like to say to yourself, write this down and display it somewhere and repeat it each day <input type="checkbox"/> Send a message of kindness to the person you thought about 	<ul style="list-style-type: none"> <input type="checkbox"/> Use the love heart sheet to list reasons why you love yourself - keep this list handy and refer to it when negative thoughts arise <input type="checkbox"/> Find out why the brain is programmed to think negative thoughts <input type="checkbox"/> Carry out three random acts of kindness such as leaving a note of kindness for someone to find <input type="checkbox"/> Reflect on how kindness makes you feel, you might like to express this in writing, art, music or other form of expression
Reward	Print and display the bronze certificate	Print and display the silver certificate	Print and display the gold certificate
Diamond Award	<ul style="list-style-type: none"> <input type="checkbox"/> Make practising kindness to self and others a habit <input type="checkbox"/> Keep a diary for a year one thing that you are grateful for each day <input type="checkbox"/> Write a letter of gratitude to someone you love <p>You may contact info@yoginisyoga.uk to tell us about your achievement and receive your Diamond certificate</p>		

Introducing Yoga

But not as you know it!



Yoginis Yoga Training Ltd are specialist in children's wellbeing and mental health training.

They combine the latest research in neuroscience and biomechanics to offer techniques which contribute to reducing the physical and mental health issues increasingly faced by our children today. We implement this by training those who work in early years, primary schools and with young people to deliver our unique and tested yoga programme, based on our four key principles K*I*N*D.

Yoginis offer a licensed training programme over 4 levels approved by the CPD Certification Service with the choice of two specialist pathways:

1. Teaching Yoga to Early Years (ages 2-5)
2. Teaching Yoga to KS 1&2 (5-11)

Supportive by membership to The Hive a unique e-learning and resource platform providing continuous support and development to coaches. Study at a time and place to suit you online, training available in-house, subject to location, minimum numbers and availability.

To find out more about Yoginis and how to access their training and in creating happy, healthy, content children fill in an enquiry form on their website www.yoginisyoga.uk

K I N D

Keep it simple | Individuality is important
Nurture | Develop

What others are saying about Yoginis Yoga Training

"Our children benefit greatly from yoga sessions, physically it enhances their flexibility, strength, coordination and body awareness. Then in addition, their concentration and sense of calmness and relaxation improves. We use the breathing exercises to calm a child who has become upset. We always talk about our kind hearts – kind words – kind thoughts."

Buttercup Corner Day Nursey, Oldham

"I like how the training links to Statutory framework, British values and Cultural capital for early years."

Starfish Day Nursery, Greater Manchester

Monkey mandala

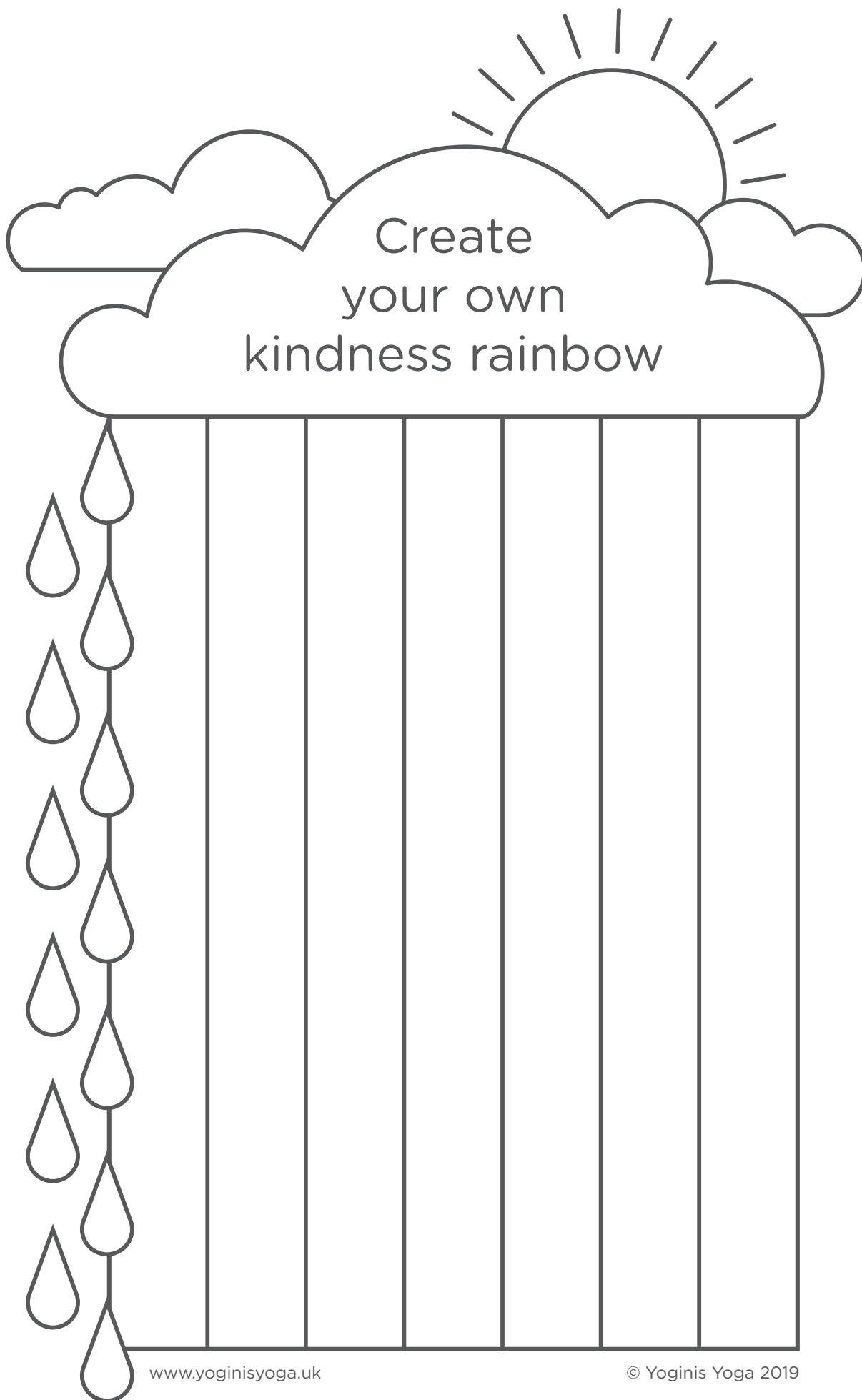
Colour in using colours you like



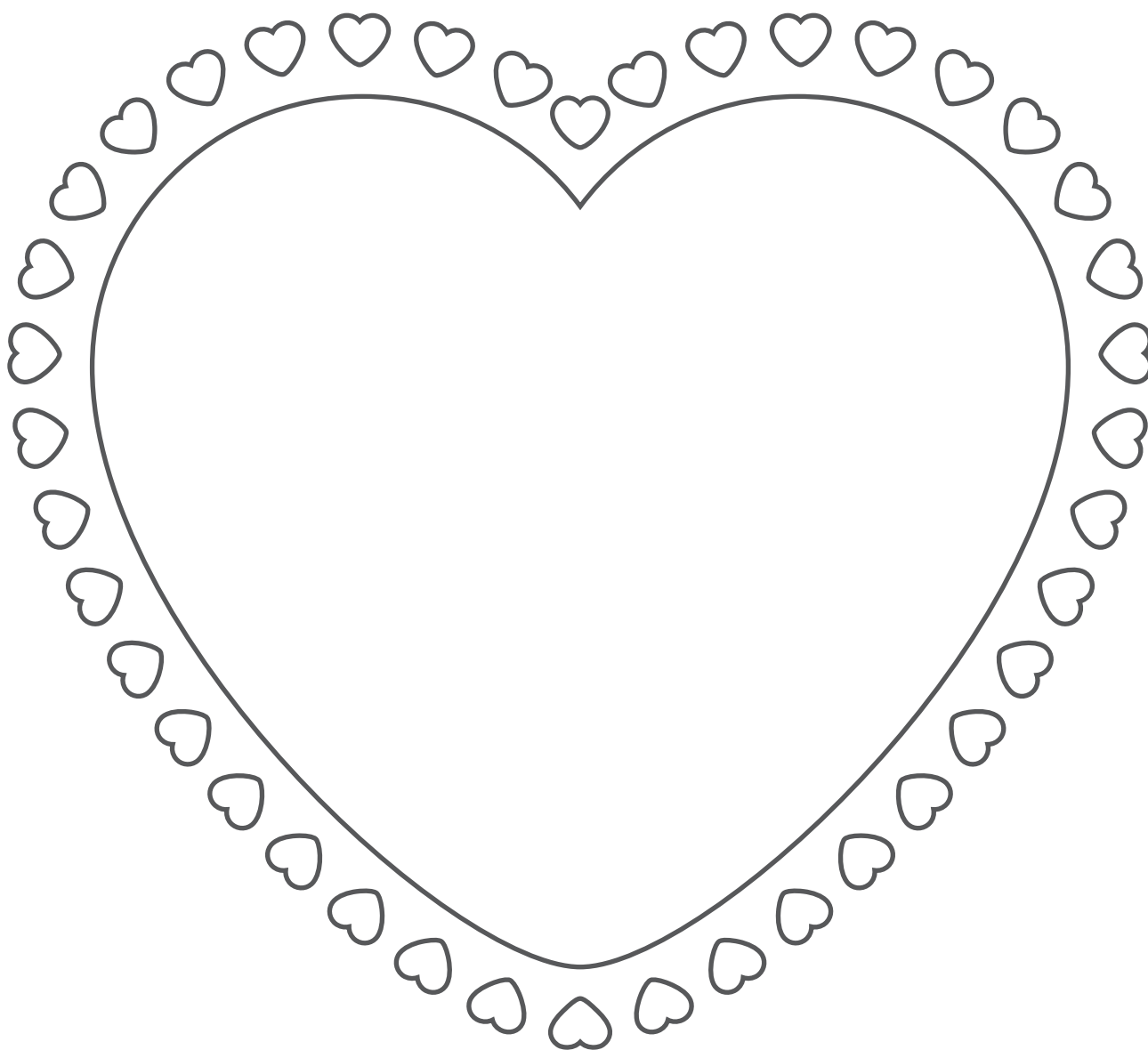
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Things I love about
myself:





THIS IS TO CERTIFY

achieved a BRONZE award
IN THE
Yoginis Yoga Kindness Challenge

S. Hartley

Susan Hartley, Director

K. Brennan

Katie Brennan, Director

www.yoginisyoga.uk



THIS IS TO CERTIFY

achieved a SILVER award
IN THE
Yoginis Yoga Kindness Challenge

S. Hartley

Susan Hartley, Director

K. Brennan

Katie Brennan, Director

www.yoginisyoga.uk



THIS IS TO CERTIFY

achieved a GOLD award
IN THE
Yoginis Yoga Kindness Challenge

S. Hartley

Susan Hartley, Director

K. Brennan

Katie Brennan, Director

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