

Mothachas

Faclair

Gàidhlig	Beurla
a' chiad chorrage	index finger
a' chorrage mheadhain	middle finger
grunn-dachadh	grounding (process of physically connecting oneself to the earth. Better done in bare feet outside.)
an treas corrag	ring finger
dealbhan nad inntinn	visualisations
faireachdainnean	emotions
fairich	feel
fèithean	muscles
fo smachd	controlled
fois	relaxation
fois le stiùireadh	guided relaxation
gabh fois	relax
leig fois dha do/d'...	relax your ...
lùdag	pinkie
mothachadh	awareness
riochdan	poses
sgan-bodhaig slàn	full body scan
sreath sgairteil	energetic sequence
sreathan	sequences
teannaich	tighten
uallach, dragh, iomagain	anxiety

Làraich fheumail

<https://www.smilingmind.com.au/>

Tha tòrr an seo a tha an-asgaidh, duilleagan-obrach agus app.

<https://copingskillsforkids.com/managing-anger>

deagh ghnìomhan practaigeach airson dèileagadh ri caothach/fearg (tha mi fhèin a' dol a dh'fheuchainn an "hookup").

<https://copingskillsforkids.com/deep-breathing-exercises-for-kids>

Mothachas

<https://positivepsychology.com/mindfulness-for-children-kids-activities/#:~:text=%20Research%20confirms%20that%20for%20children%2C%20mindfulness%20can%3A,and%20practiced%20with%20children%20and%20adolescents.%20More%20>

<https://kidshealth.org/en/kids/mindful-exercises.html>

<https://positivepsychology.com/mindfulness-for-kids/>

<https://www.bbcgoodfood.com/howto/guide/10-mindfulness-exercises-kids>

<https://exploringyourmind.com/mindfulness-kids-learning-manage-emotions/>
tòrr shanasan ach tha fìor dheagh artaigilean ann.

<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>

Yoga for kids le Susannah Hoffman ISBN 978-0-2413-4127-8

Leabhar airson rannsachadh làra do chlann. Uaireanan gheibhear an leabhar seo bho Aldi aig prìs shaor.

Calm Mindfulness for Kids ISBN: 9780241342299 ri fhaighinn bho “The Works” airson £5 an-dràsta.