

Healthy Minds, Healthy Families

Empowering Families for Scholar Success

How can I help
my child...

Maintain
physical
activity?

Avoid vaping
and other
substances?

Deal with
stress and
anxiety?

Manage
social media
and screen
time?

Make good
food
choices?



Thursday, December 12 | 6-7:30 pm



FEDERAL WAY
PUBLIC SCHOOLS





Family Academy

Mindful Moments: *Family Yoga & Breathwork*

Tenea Jones, Staff Wellness Coordinator

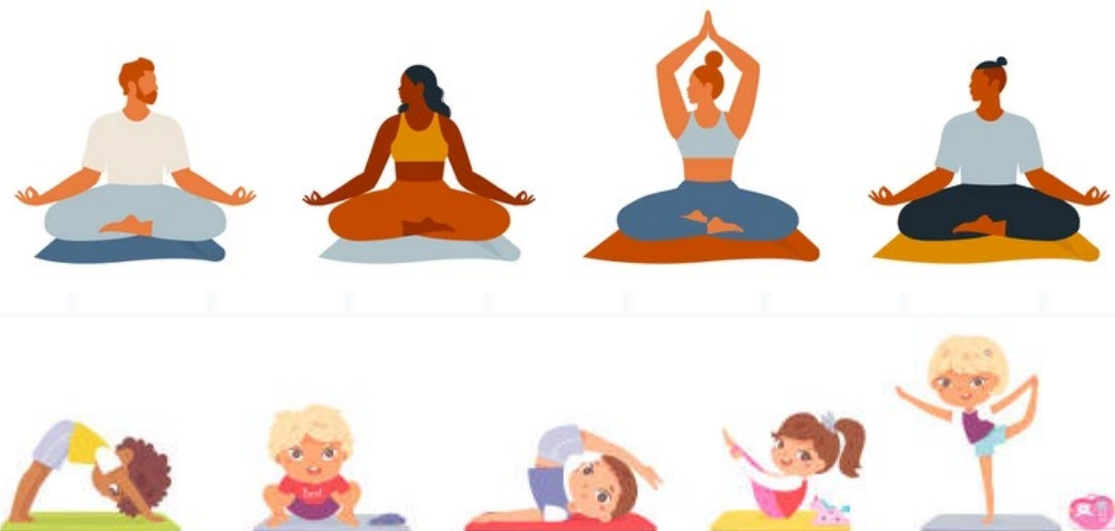


**FEDERAL WAY
PUBLIC SCHOOLS**

Objective

This session **promotes mental and physical well-being** for families through simple yoga and breathwork practices.

Families will learn **how these tools benefit them and how to incorporate them** into their daily routines, even with busy schedules.



One Word Check-In

With your family, share one word describing how you feel right now or about your day.

When can I try this with my family?

- Check-in as part of a daily routine
 - such as during breakfast or dinner
- Before bedtime
- At the start of family activities/events
- Before transitions or times of stress
- After arguments or Emotional moments



Benefits of Yoga and Breathwork for Families

Mental Health Benefits

- Reduce Stress and Anxiety
 - *activating the body's relaxation response*
- Improves Focus and Emotional Regulation
 - *enhancing mind-body awareness*
- Strengthens Family Bonds
 - *shared physical activities improve relational bonds and mutual support*



Benefits of Yoga and Breathwork for Families

Physical Benefits

- Improves Flexibility and Strength
 - *increase range of motion, improve balance, and build muscle strength without putting excessive strain on the body*
- Boosts Sleep Quality
 - *practicing mindfulness-based activities before bed leads to deeper, more restful sleep by lowering cortisol levels*



Guided Breathing Exercise: *Belly Breathing*

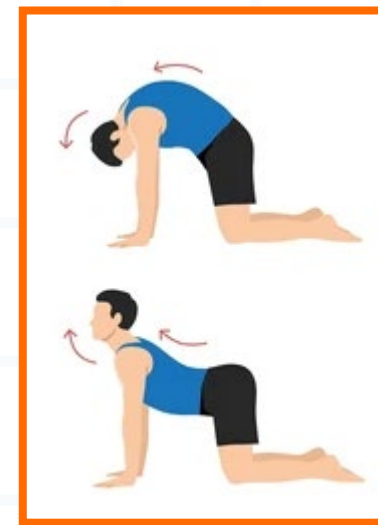
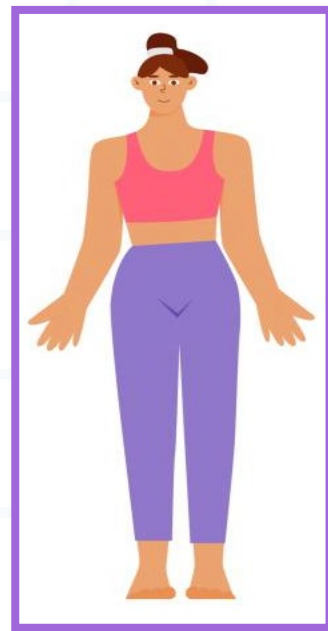
Instructions:

- Sit comfortably with one hand on your belly and the other on your chest.
- Inhale deeply through your nose, feeling your belly rise as you fill it with air.
- Exhale slowly through your mouth, feeling your belly fall.



Gentle Family Yoga

Together, we'll focus on **relaxing our minds, stretching our bodies, and creating a moment of connection and peace.** This is your time to **unwind, breathe deeply, and enjoy some gentle movement.** Let's begin by finding a comfortable space and preparing to move mindfully as a family.



Closing Reflections

Check-Out :

Think back to the word you shared during our check-in—has it changed? How do you feel after practicing yoga and breathwork together as a family?

Resource Guides

- Family Yoga
- Breathwork



Feedback and Support

Tenea Jones

Staff Wellness Coordinator

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Insert Fam Academy Feedback LINK/QR
code



Feedback Survey

Please help us improve by sharing your feedback about today's event through a 3-minute survey:

Encuesta posterior al evento: !Ayúdenos a mejorar!

Sau buổi sự kiện: Hãy giúp chúng tôi cải thiện!

Опрос мнения по окончании мероприятия:
Помогите нам учесть недочёты!

پست-نظرسنجی : رویدادہ ما کمک می کند
بہبود یابیم!



Scan the QR code or, Visit:
www.fwps.org/FamilyAcademySurvey

Breakout 2 Workshops:

6:55-7:30 pm

Window to Wellness: Growing Fresh Food at Home for Healthier Families

Room 107

Empower and Elevate: Supporting Mental Health for Scholars
with Disabilities Room 109

Click Safe, Act Brave: Navigating Digital Safety and Anti-Bullying

Room 111

Heart to Heart: Nurturing Mental Health for Scholars

Room 110