



Exploration 6

Find Comfort in Discomfort

Develop greater tolerance in body and mind. We learn to become tolerant to the permanence of change and difference. We learn to work on the frontier of known to unknown by expansion of awareness.

MY NAME IS _____

I began this exploration on (date) _____

Give a 'tick' on the list below of those that you have completed:

- DAY 1 Pain, pain go away
- DAY 2 Hold steady and firm like plane. Hold steady and firm for 30 seconds
- DAY 3 The calming breath
- DAY 4 Hold steady on one arm. Hold steady and firm on one arm for 30 seconds
- DAY 5 Play or be silly and exploration of other methods

Dear Parents,

There should be a mutual understanding between parent and child on this exploration of finding comfort in discomfort. The context is elaborated for parent(s) to guide your child into the process of self-discovery. Videos are made available as reference to guide you for better understanding that can be viewed in the members' portal. Also, join our community on the Facebook group page where parents come together to share their involvement, ideas and activities. There could be terms used throughout the exploration which may not be familiar to either one of you, however, you are free to make your own choice of words to describe the actions to improve the communication between parent and child. Enjoy the process of inclusivity, love and self-inquiry.

Day 1 – Find comfort in discomfort



Pain, pain go away

Physical pain is an unpleasant feeling from a headache which may happen without any obvious damage to the body or physical injury or disease. As well, sometimes the word pain refers to emotional or psychological distress.

When a child is in pain, parents can ask, look at and find out how much pain a child has from what the child says, what a child is doing and how the child's body is reacting.

There are various ways, on what parents can do to help the child with the pain. The first method we would like to introduce to your child is this effective rhyme which they can recite if they struggle in the pose. If you are familiar with the rhyme of 'Rain, rain go away', it has the similar tune, but change of lyrics. Throughout the day, sing to your child this rhyme so it comes right up in the mind whenever they need it.

I - Let's sing a rhyme



**Pain, pain go away,
Come again not another day,
Little <child's name> wants to
play,
Pain, pain go away.**

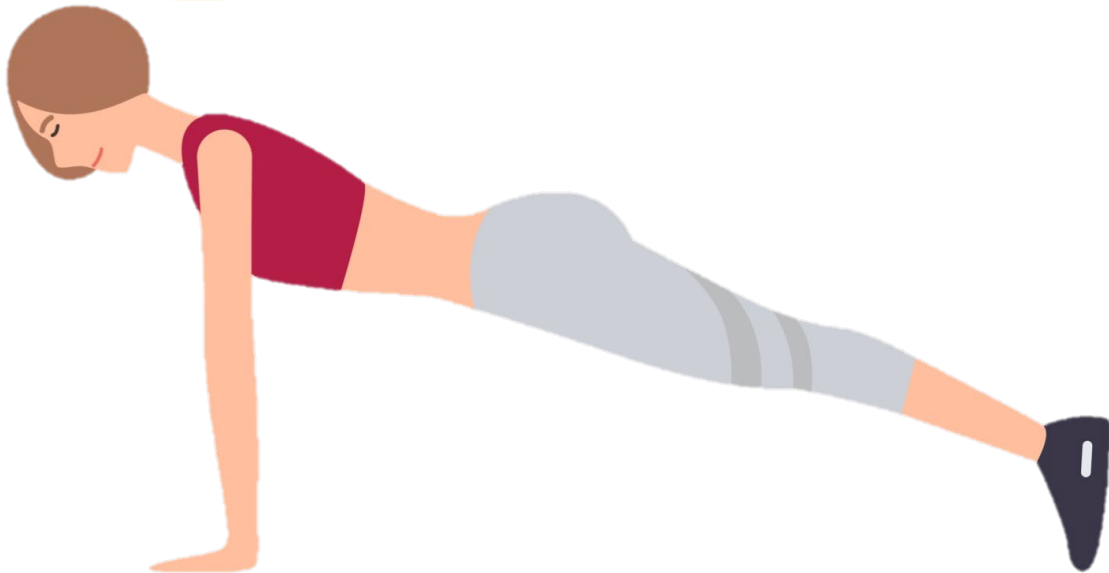
Day 2 – Find comfort in discomfort

Hold steady and firm like a plane

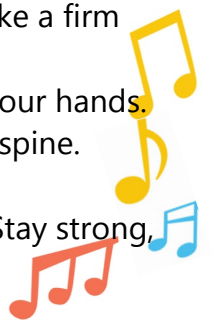


In today's exploration, we will be using the 'Pain, pain go away' rhyme to help us through a pose. Visualize a strong, steady plane that is of your favorite. It has a solid body that is firm and hard as a metal. It would fly with confidence and poise as it graces in the air through the clouds, zooming away to its destination.

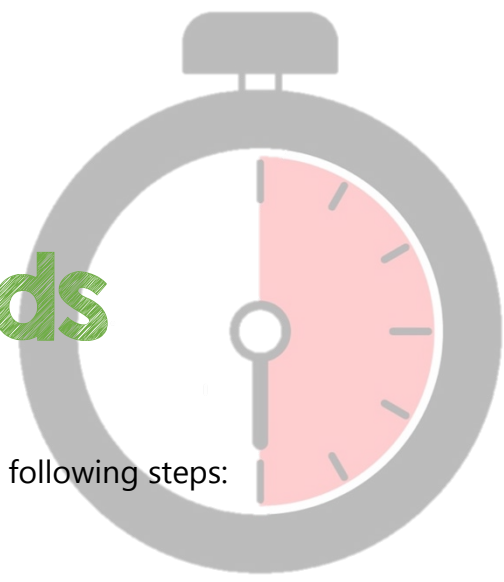
Think plane-like, let's attempt a **plank pose**.



1. Come down on your hands and knees. Keep your knees apart as wide as your hip. Spread your arms wide apart.
2. Place your palms below your shoulder joints. Knees are also below your hip joints.
3. Extend your right leg to the back, keeping your foot on the floor.
4. Extend the other leg to the back as well. Keep both the legs super straight.
5. Maintain your pelvis and hips lifting up to the sky, by engaging your abdomen just like a firm and solid body of a plane.
6. Your arms are firm and strong like the wings of the plane. Push the floor away with your hands.
7. Round your upper back, as you draw your chest, ribs and belly inwards towards the spine. Lifting up, feeling as light as a feather.
8. Think plane-like. Sing the 'Pain, pain go away' rhyme in your mind or sing out loud. Stay strong, steady and firm and breathe with calmness and poise.



Hold steady and firm for 30 seconds



Now let's explore your strength and calmness of your mind, with the following steps:

Step 1 : Do the plank pose

Refer to the recommended steps in the 'Hold steady and firm like a plane' activity sheet.

Step 2 : Sing in your mind



While you are holding in plank pose, sing the "Pain, pain go away" rhyme recommended in Day 1 activity sheet in your mind, repetitively. Focus your attention to the rhyme as you try to hold in plank pose for 30 seconds.

Share your experience

Were you able to hold in plank throughout the specified timing? Where do you feel discomfort or tiredness? Does singing the "Pain, pain go away" rhyme helped you? What do you feel now? Any other experience you would like to share?

Day 3 – Find comfort in discomfort

2 - The Calming breath



Besides the 'Pain, pain go away' rhyme, try this 'Calming breath'. This is the second method that you can introduce to your child to help them calm down and it reduces anxiety, whenever they feel stress. "Practice makes perfect," is a line often said to encourage kids to assemble some sort of routine. A child would learn to control their emotions and be less fussy once a pattern is established. And while they may gripe about it, establishing a routine promotes healthy habits and contributes as an integral part of child care.

Follow the following steps:

1. Go ahead and collect different colors or different kinds of feathers.
2. Choose one feather and hold it in your hand.
3. Find a comfortable seating posture and focus your attention on the feather that you are holding on.
4. Take a deep breath in, while mentally count one, two, three. Hold your breath for a count of three. Parents could assist your child by placing her hand on her abdomen as she breathes in. Explaining to her that her abdomen expands when she breathes in.
5. Breathe out slowly through your nose or mouth and the feather should flutter as you breathe out.
6. Repeat this breathing practice for 5 minutes or until you feel more calm and at ease.

Day 4 – find comfort in discomfort

Hold steady and firm on ONE arm



Bent arm
option

Now, let's explore a variation of a plank. This is called the **side plank**.

1. Come down on your hands and knees. Keep your knees apart as wide as your hip. Spread your arms wide apart.
2. Place your palms below your shoulder joints. Knees are also below your hip joints.
3. Extend your right leg to the back, keeping your foot on the floor.
4. Extend the other leg to the back as well. Keep both the legs super straight.
5. Maintain your pelvis and hips lifting up to the sky, by engaging your abdomen just like a firm and solid body of a plane.
6. Your arms are firm and strong like the wings of the plane. Push the floor away with your hands.
7. From a front plank you lean over to your right arm to begin with and balance on this side. Have your top leg stacked above the other leg.
8. You can chose to keep your arm straight or take the modification whereby your elbow is bent and you rest on your forearm.
9. Lifting the opposite arm up is an option. Keep your pelvis lifting upwards towards the sky to minimise the weight bearing on your arm.
10. Do the 'Calming breath' to keep you strong, steady and firm. Pretend that you are holding on to a feather that is fluttering while you are breathing out. Holding still in the pose like a feather as you breathe in.
11. Repeat the same on the other side. See how it goes on the other side.



Hold steady and firm on ONE arm for 30 seconds



Now, have you got what it takes for this next challenge?

Step 1 : Do the side plank pose

Follow the recommended steps in 'Hold steady and firm on one arm' activity sheet.

Step 2 : Calming breath remedy

Using the 'Calming Breath' method introduced in Day 3, to relieve yourself from your pain. This time holding on to side plank for 30 seconds. Notice the difference. Which method do you think is more effective?



Share your experience

Were you able to hold the entire set timing? Where do you feel discomfort or tiredness?

Did your chosen pain relieve method work for you? What do you feel now? Any other experience you would like to share?

Day 5 – Find comfort in discomfort

3 - Play or be silly

Play or be silly as children forget their worries when they play. Here are some fun **partner yoga** routines that you can do with your parents. Do along with your parents and have a good laugh. Refer to videos made available for you in the members' portal, for ideas.



4 - Touch



Parents are the main source of comfort and feeling of secure. Be present in person. Affection such as comforting touch, hugs, laughter are nature's own pain remedy.

5 - Explain



Explain to the child and provide simple information to explain the pain. Allow the child to express freely. Sometimes, a combo of affection and calming words would help calm the child and also building trust between the parent and child.

Share your experience

Parent and child, write down your experience and which method do you think works best for you. Let this sheet be your journal and serve as a reminder for your future reference.

