

KIDS CHAKRA HEALTH CHECK



chakradance™
KIDS

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Welcome!

This Kids Chakra Health Check is a guide to help you support and nurture the child in your life.

Our philosophy at Chakradance Kids is to support the development of the whole - child; energetically, emotionally, mentally and physically.

As you read through each of the chakra statements, simply indicate next to each one, if it applies to your child. At the end, add up the number of indicators to gain more insight into where your child's chakra health is at.

The results will show you whether your child is balanced or imbalanced in each chakra. We have included how imbalances might be present in two ways – being either excessive or deficient in energy.

There are many factors that need to be taken into account when looking at children's whole - being development; their experiences, relationships, physical environment, etc. The information in this guide is very broad, however it offers insights into how these factors can influence a child and tools and techniques to help bring balance when it is needed.

We hope you enjoy exploring this with the children in your life.

Anna & Natalie xx

Base Chakra

HEALTH CHECK

Does your child display any of the following?

- Rigidity and pain in joints and muscles
- Excessive weight / underweight
- Over-eating / under-eating / malnutrition
- Lack of physical strength and vitality
- Tiredness and fatigue
- Weak immune system
- Anxiety - restlessness - fearful
- Disconnected from physical body (ungrounded)
- Fear of change

If you ticked more than three or four circles, it may indicate that your child has an imbalance in the base chakra.





BALANCED

When the base chakra is in balance children appear 'grounded' and present. They are generally physically and emotionally healthy and have good relationships, trust themselves and the world around them. They also have a good connection with their instincts, innate connections with strong bonds with at least one person they identify with as family.

Having a balanced base chakra will help children to feel comfortable in their own skin. They will have a healthy attitude towards their body and will be in good physical health.

A strong and balanced base chakra, provides the foundations and grounding to support children through their development and experiences on earth.

OVER-ACTIVE (EXCESSIVE)

Excessive amounts of energy in the base chakra can create challenges in relation to feelings of security and safety. Excessive fear prevents us from moving forwards in life and the energy created by this emotion (energy in motion) can manifest as rigidity in the physical body, leading to excessive body weight, lethargy, and issues with bones and other structures and organs associated with the base chakra.

UNDER-ACTIVE (DEFICIENT)

When energy is deficient in the base chakra, characteristics may be indicated physically by being under weight, lack of physical strength and vitality, restlessness, unable to complete or focus on tasks, excessive fear, anxiety, depression, poor memory, physical pain and disorders of the associated organs.

HOW TO HELP BALANCE AND NURTURE YOUR CHILD'S

Base Chakra

- Chakradance™ Kids Classes
- Grounding exercises
- Nature time / outdoor play
- Spending time with animals
- Spending time with friends / family
- Have red themed days - wear it, eat it, color-in with it...



Sacral Chakra

HEALTH CHECK

Does your child display any of the following?

- Emotional outbursts – physically and verbally
- Extreme mood shifts
- Over-sensitivity and/ or insensitive towards others
- Clinginess and unhealthy attachments to others
- Poor social skills
- Body tension
- Boredom and an inability to find joy in play activities
- Difficulty in expressing emotions
- Feelings of guilt for no apparent reason

If you ticked more than three or four circles, it may indicate that your child has an imbalance in the sacral chakra.





BALANCED

When the energy of the sacral chakra is in balance, characteristics that may be displayed include inner calm and happiness, and an ability to 'go with the flow.' Children are able to express themselves by having fun and playing, whilst thinking creatively.

When in balance, children are able to express their emotions in a healthy way. Their bodies tend to move fluidly and effortlessly, with very little restriction and 'with-held' emotions. By immersing into things that bring pleasure, children are also better equipped to tune into feelings and emotions of those around them.

OVERACTIVE

When the sacral chakra is excessive in energy, there may be emotional outbursts or suppressed emotions. There may also be extreme moodiness and an over sensitivity to others.

UNDERACTIVE

The body and mind can become very rigid in an under active sacral chakra. Children may be emotionally insensitive towards others and display apathy and lack excitement.

A child with an under-active sacral chakra may also state they are bored most of the time and are unable to express themselves or find joy in any play activities.

HOW TO HELP BALANCE AND NURTURE YOUR CHILD'S

Sacral Chakra

- Chakradance™ Kids Classes
- Uninterrupted play time
- Water play / swimming
- Sensory play (tasting different foods)
- Orange themed days
- Creating art



Solar Plexus Chakra

HEALTH CHECK

Does your child display any of the following?

- Lacks confidence in abilities, low self esteem
- Low energy
- Hyperactive
- Digestive disorders and issues
- Bossy / needs to be right
- Fear of trying new things / failure / not being immediately 'good at it' / shame
- Acting recklessly without fear / concern for safety or consequences
- Aggressive behaviours
- Is easily dominated by others

If you ticked more than three or four circles, it may indicate that your child has an imbalance in the solar plexus chakra.





BALANCED

A balanced solar plexus chakra enables us to move through life with genuine confidence and a healthy self-esteem. With inner strength, children are more likely to find our true purpose and direction in life, and have the courage to pursue their journey. Add in boundaries -

On a physical level, the solar plexus chakra fuels their metabolism and assists with the balance and health of their digestive system through production of insulin. It supports equilibrium in the muscular and nervous systems.

As the solar energy is stimulated, characteristics such as inner confidence and determination emerge which enable us to discover and embrace our own unique individuality

IMBALANCED

OVERACTIVE

When a child's solar plexus chakra is excessive in energy, they can often become over-controlling of others as a strategy for gaining power they feel they lack. This can also manifest as extreme competitiveness, aggressive outbursts, and bullying, obsessive and addictive behaviours.

Physically this may manifest through disorders in the digestive system, anxiety associated disorders and rigidity in the body.

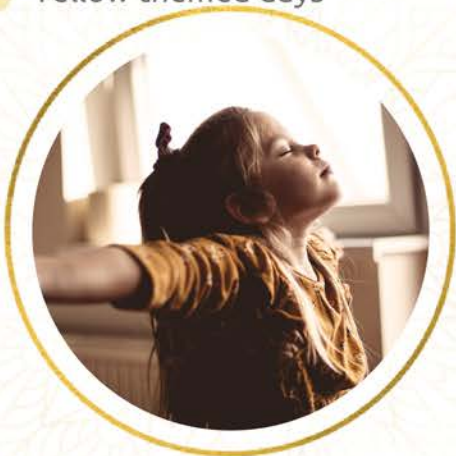
UNDERACTIVE

When there is a deficiency we are likely to see a child who displays self doubt, no sense of direction, lacking in confidence, low self esteem and willpower and a lack of spontaneity. Deficient energy in the solar plexus chakra is reflected in a child who gives away power and control, and therefore becomes submissive to others.

HOW TO HELP BALANCE AND NURTURE YOUR CHILD'S

Solar Plexus Chakra

- Chakradance™ Kids Classes
- Martial arts / high energy sports
- Yoga / meditation
- Talking about the child's strengths
- 'Risk-taking' play / activities that enables the child to use their skills (eg. obstacle courses, etc)
- Yellow themed days



Heart Chakra

HEALTH CHECK

Does your child display any of the following?

- Displays jealousy regularly
- Often says and displays unkind words and actions
- Possessiveness
- Mistrust
- Co-dependency - high levels
- Upper respiratory issues
- Withdrawn / anti-social
- Poor social skills

If you ticked more than three or four circles, it may indicate that your child has an imbalance in the heart chakra.





BALANCED

When a child has a balanced heart chakra they are able to love and have acceptance of themselves and others with compassion and empathy. They are inclusive of others, generous, kind and sharing.

Children who have a balanced heart chakra are able to hear, see and speak from the heart.

IMBALANCED

OVERACTIVE

When the energy in the heart chakra is excessive they may experience feelings of jealousy and possessiveness. Lacking in self-love and acceptance, an over-riding hunger for connection with others results in co-dependent relationships.

Children seek constant validation for love outside of yourself. You may therefore be drawn to excessive caregiving, which you hope will earn you the right to be loved.

Physically, excessive and deficient energy on the heart chakra may manifest in respiratory disorders such as asthma, chest infections and tension in the chest and lungs.

UNDERACTIVE

When this chakra is deficient in energy we can experience a 'hardening' of the heart, an inability to feel love. With a hardened heart we become critical and judgmental. On a physical level the shoulders are often hunched in an attempt to try and protect the heart. Characteristics of an under active heart chakra can be displayed as being withdrawn and antisocial, judgmental of self and others, suffers from depression.

HOW TO HELP BALANCE AND NURTURE YOUR CHILD'S

Heart Chakra

- Chakradance™ Kids Classes
- Daily Affirmations for self love
- Kind acts of service for others
- Spending time with animals
- Daily gratitude words (say 3 things per day)
- Green themed day



Throat Chakra

HEALTH CHECK

Does your child display any of the following?

- Chronic shyness
- Speech conditions
- Throat conditions
- Excessive talking
- Frequent lying
- Suppressing feelings / afraid to speak up
- Difficulty listening to others
- Neck problems / tension
- Grinding / TMJ issues

If you ticked more than three or four circles, it may indicate that your child has an imbalance in the throat chakra.





BALANCED

To experience a balanced throat chakra is to journey within, finding your true, authentic self and then singing the song of your soul out to the world.

One of the most important roles of the throat chakra is the act of listening. When a child's throat chakra is balanced, they are able to listen to the outer world with their physical ears, as well as listen to their internal world with the deep inner listening inherent in this chakra. Children begin to hear the truth of their own inner story

IMBALANCED

OVERACTIVE

When the throat chakra is excessive in energy, our communication is strident and inauthentic. We are unable to hear our own inner truth or genuinely listen to others. This inability to listen leads to an overactive throat, which results in excessive speech. Incessant chatter lacks any real substance or depth, as it is disconnected from the true inner self. Speech conditions and stuttering may be evident and throat infections and inflammation may also arise more frequently.

UNDERACTIVE

When the throat chakra is out of alignment through a deficiency of energy, our true voice is locked inside, unable to be expressed. The inability to voice our inner truth can lead to feelings of inadequacy, chronic shyness, and ultimately, to a withdrawal from the world. As with an excessive energy in the throat chakra, physical ailments may arise such as neck and jaw tension, grinding and TMJ associated disorders.

HOW TO HELP BALANCE YOUR CHILD'S

Throat Chakra

- Gentle humming or singing activities
- Make a talking stick and introduce open chat times
- Communication games such as charades - uses voice and body
- Encouraging creativity - visual, playing instruments, all forms of art
- Humming or bee breath
- [Chakradance Kids Classes](#)



Third Eye Chakra

HEALTH CHECK

Does your child display any of the following?

- Sensitivity to loud noises / music / crowds
- Headaches
- Nightmares
- Difficulty concentrating
- Poor sleep / insomnia
- Difficulty falling asleep
- Hormonal imbalances
- Ears / eyes / nose conditions
- Remembers dreams
- Imaginative

If you ticked more than three or four circles, it may indicate that your child has an imbalance in the third eye chakra.





BALANCED

A balanced third-eye chakra provides children the ability to trust in their own authentic powers of intuition and imagination.

Characteristics include creative imagination, remembering dreams, good long and short-term memory and the ability to visualize what they want to be when grown up.

IMBALANCED OVERACTIVE

When the third eye chakra is excessive in energy our intuition becomes distorted. Children can often escape into an all-consuming fantasy world, which can make it difficult to distinguish between what is real and not real. External information and insights can bombard a child with an imbalanced third-eye chakra and they are usually highly sensitive beings. In children we may see this in frequent nightmares, headaches and an inability to concentrate.

UNDERACTIVE

Characteristics include poor memory, unimaginative, no sense of awe or wonder at the world. Psychological disorders and disturbances, difficulty focusing and concentrating, headaches, migraines, eye, ear, nose and sinus conditions, hormonal imbalances, insomnia and nervous disorders may all be indicators that the third eye chakra is imbalanced.

EVERY DAY WAYS TO HELP BALANCE YOUR CHILD'S

Third Eye Chakra

- Imagination games and play, (tea parties with imaginary friends)
- Create a vision board
- Chakradance™ Kids Classes
- Meditation
- Intuitive practices - holding crystals and sharing how they feel. Asking your child to tune in to pets, feelings, etc.
- Indigo themed day



Crown Chakra

HEALTH CHECK

Does your child display any of the following?

- Learning difficulties
- Rigid in thoughts and beliefs
- Detached / apathetic
- Confused easily
- Disassociated from body and the 'physical' world / withdrawn
- Migraines / headaches
- Memory issues
- Brain illness / tumors
- Restlessness

If you ticked more than three or four circles, it may indicate that your child has an imbalance in the crown chakra.





BALANCED

When the crown chakra is balanced, our sense of spirituality deepens and life becomes more joyful. As we move more fully into the present through mindfulness, the binds of the past and the worries of the future lessen their hold.

Every moment is soulfully lived; life becomes simpler, and yet more meaningful.

In children we may see this through an innate wisdom, thoughtfulness, awareness and a questioning, analytical mind.

IMBALANCED

OVERACTIVE

Characteristics of an excessive energy in the crown chakra are a disassociation from the body and the physical realm, easily confused, can attach to others in an obsessive and excessive manner, may suffer from migraines and headaches and is literally 'un-grounded.'

UNDERACTIVE

When the crown chakra is deficient in energy we tend to lose touch with our innate spirituality and deal with life as though we only exist in the physical realm. We begin to suffer from internal states of restlessness and anxiety and may battle with excessive materialism. There may also be learning difficulties, a rigid belief system and apathy.

EVERY DAY WAYS TO HELP BALANCE YOUR CHILD'S

Crown Chakra

- Chakradance™ Kids Classes
- Problem solving games, puzzles
- Treasure hunts following a map
- Spending time with family and friends
- Doing something for a cause / charity
- Purple themed day

