

The Fridays present Strictly Yoga



By **Holly**, **Ellie**, **Ruth**, **Leah**,
Georgia, and **Sam**

Introduction

Holly, Ellie, Ruth and Leah are 'The Fridays' !! They have co-produced this book with Georgia and Sam.

'The Fridays' have shared their thoughts about periods: why it is important to talk about them, how periods might make you feel and what can help you to feel better.

Georgia has written about what a period is and why periods can hurt.

Sam showed the group different yoga moves which can help people on their period.

'The Fridays' decided which yoga moves felt good for them and have shown them in this book for other people to use.

We hope you enjoy reading our book!

Talking about our periods



It is important to talk about our periods.



Your period is private. It is your choice if you talk about it or who you talk about it with.



Some people don't like to talk about their period with men, because it is private and they don't need to know.



It can be nice to talk about your period with other people who have a period.



It feels better to know other people feel the same way as you.

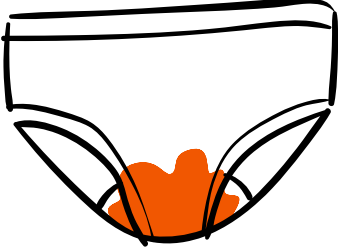


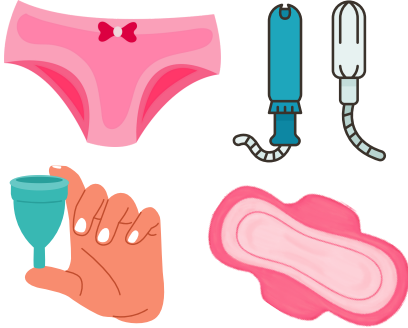
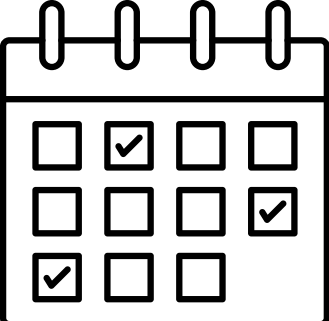



It is nice to be on the same page.






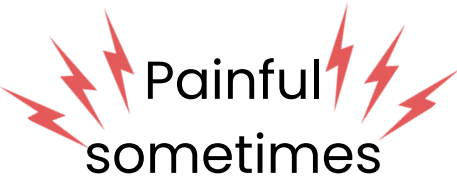








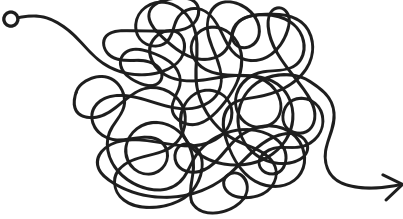




Talking about your period can make you happy and calm.

What is a period?

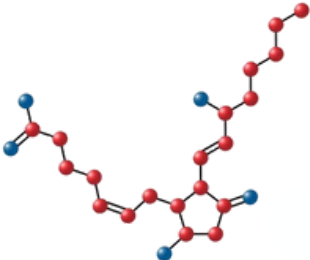

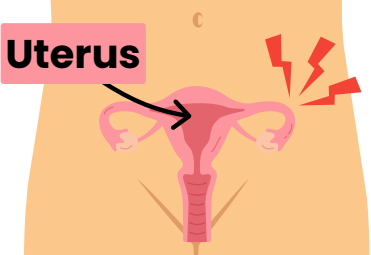
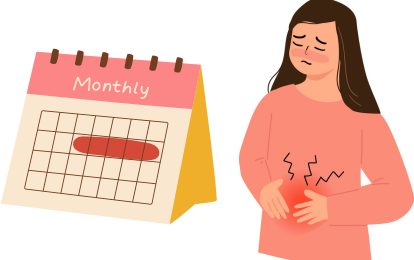
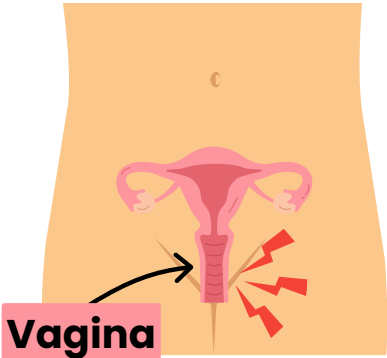

	<p>A period is when you bleed from your vagina for a few days every month.</p>
	<p>People can call their period different names, like 'my ladies', 'time of the month' or 'auntie flow'.</p>
	<p>When you have your period you will see blood on your underwear or when you wipe with toilet paper.</p>
	<p>There are different ways to stop period blood from getting on your clothes, like sanitary pads, tampons, menstrual cups or period pants.</p>
	<p>Everyone's body is different so your period might last longer than a few days or come more often or less often than once a month.</p>
	<p>You should see your doctor if there are big changes to your period, like it stopping for a long time.</p>

How we might feel on our period

How periods make us feel is different for different people, but you might feel some of these things:

 <p>Grumpy</p>	 <p>Snappy</p>	 <p>Argue more</p>
 <p>Painful sometimes</p>	 <p>Stomach hurts</p>	 <p>Headache</p>
 <p>Mood swings</p>	 <p>Down days</p>	 <p>Upset easily</p>
 <p>Low energy</p>	 <p>Tired</p>	 <p>Overtired</p>
 <p>Messy</p>	<p>Harder to do work</p> 	<p>Confusing</p> 
 <p>Annoying</p>	 <p>Body being shut down</p>	

Why do periods hurt?

	<p>When you are on your period, your body makes a hormone called Prostaglandin.</p>
	<p>This hormone makes things happen in your body which are important to your period, but these things can also feel painful.</p>
	<p>Prostaglandins tell your uterus to squeeze together and tells your body to send less blood to your uterus.</p>
	<p>This happens to help stop the bleeding so that your period stops, but it can make your uterus hurt.</p>
	<p>Prostaglandins tell the muscles in your vagina to squeeze to help move blood out of your uterus and down the vagina. This can make your vagina hurt or feel strange.</p>
	<p>Prostaglandins travel around the rest of your body and can make you feel sick, throw up, have a funny tummy or runny poos.</p>

What can help you to feel good on your period

	These are things we can do to feel better on our period.
	Eating chocolate or take away or bananas (good for your tummy)
	Taking more breaks
	Drinking hot drinks
	Hugs
	Getting your feelings out and crying
	Doing a hobby and seeing your friends
	Doing Yoga

Yoga Moves 2025

1



Breathing technique

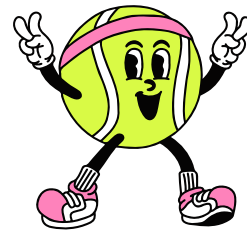
Lie down on your back.
Put your hands on your chest and belly.
You can feel your hands move up and down when you breathe.

2



Pencil stretch

Stretch your arms above your head.
Stretch really tall, like a pencil.
Wriggle your wrists.



Tennis ball

Bring your knees up and curl up like a tennis ball.
Hold onto your knees and give yourself a hug.
Wriggle your feet.
Curl over onto one side if you want to get cozy.

3



4



Rocking legs

Lie on your back.
Put your feet on the floor and bend your knees.
Rock your legs together from side to side.

5



Leaning forward

Tip your knees to the side and sit up.
Put your legs out wide and move your arms forward.
You can rest your head on a chair or bed if you want.

6



Butterfly pose



Move any props.
Put your feet together and make your legs look like a butterfly.
Put your hands on your ankle.
If this doesn't feel good then you can move on.

7

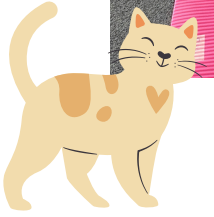


Cat stretch

Put your hands and knees on the floor.

Pretend you have a tail and stick it in the air.

Point your head up.



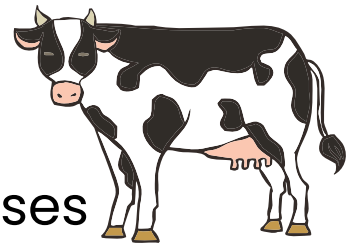
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Cow stretch

Stick your pretend tail in between your legs and put your head down.

Your back should be arched up.



Move back and forth between the cat and cow poses. You can make cat and cow noises if you want to.

9



Childs pose

Bring your bum towards your feet.

Put your head on the ground.

Stretch your hands in front of you.

10



Lazy day pose

Lie on your belly.

Put your head down on your hands.

Breathe in deep and feel your body move up and down.

11



Angel

Stand up.

Stretch your arms out to the side and then up above your head.

Then your hands touch and you bring them down in front of your body.

If you don't want to make 'prayer hands' you don't have to. You can bring them down your body without touching.

12



Wriggle it out

Like Taylor Swift you Shake It Off.

Wriggle your hands, legs, hips, bottom, boobs.

SHAKE IT OFF!

13



Walking on the spot

Pick up and put down your heels.

Have a bounce in your feet.
This stretches out your feet.

14



Drumming

Sit down again.

Stretch your legs out wide.

Tap up and down your legs.

Tap anywhere on your body
that feels nice.

15



Humming

Sit cross legged.

Put your hands on your knees.

Take a deep breathe and hum
out.

Feel it vibrate in your body.

You can put your hands over your ears when you are humming but some people don't like it.

If you don't want to make noise or if you can't hum then you don't have to do this.

Our advice for doing yoga

	<p>Everyone likes different things. Everyone is different.</p>
	<p>You can do it on a yoga mat or sitting in a chair or in bed or on the floor.</p>
	<p>You don't have to do prayer hands if you don't want.</p>
	<p>You can close your eyes or keep them open.</p>
	<p>Get tissues before so you're prepared if you have a runny nose.</p>
	<p>If you get distracted, wait 5 minutes and then try again.</p>
	<p>Have a drink, maybe cold with ice or a cocktail.</p>
	<p>Have a fan or open windows because you might get hot, sweaty and stinky.</p>
	<p>It can be relaxing to turn the lights down.</p>

**THANK YOU FOR READING
OUR BOOK!!**

Do you need help with your periods?

It is important to talk to someone you know if your periods are hurting or worrying you.

If you want to learn more about periods and how to support yourself you could visit these websites:

www.mencap.org.uk/easyread/menstruation-easy-read

www.autism.org.uk/advice-and-guidance/topics/physical-health/menstruation