

# THEME: "I AM ABLE"

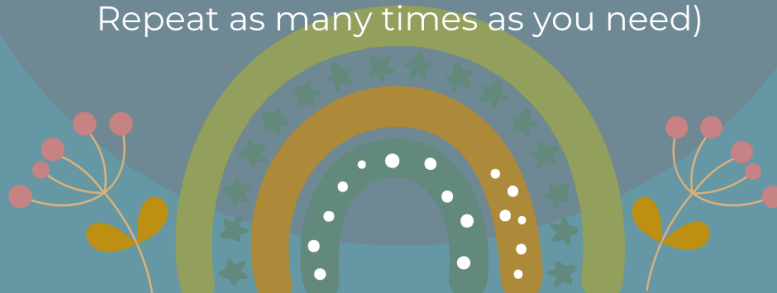
## "i am able"

MANTRA TO REMIND YOURSELF THAT YOU ARE IMPORTANT, YOU ARE ABLE, AND YOU WILL GET THROUGH WHAT BURDENS YOU.

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"I am important.  
I am able.  
I will get through this."

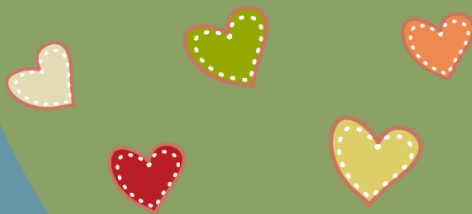
(Deep breath in ~ "I am important." ~ Exhale  
Deep breath in ~ "I am able." ~ Exhale  
Deep breath in ~ "I will get through this." ~ Exhale  
Repeat as many times as you need)



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## BREATHING EXERCISE

## "strong, courageous heart"



Get cosy in your seat or on the floor and rest your eyes. Place one hand on your heart, and the other hand on top. Inhale, and breathe strength and courage into your heart, then slowly release. Exhale gently out of the mouth. Inhale strength and courage, sending these thoughts to your heart too... Feel the heart open and visualize strong, courageous energy filling it up. Exhale slowly. Repeat this breathing as many times as you need.



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## ACTIVITY "pause button"

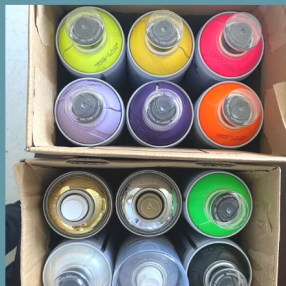
Take a moment to just be, and sink into stillness. Imagine pressing a big, red pause button in your mind, and pause for 1 minute. You can even close your eyes if you wish, and take some healing breaths... Breathe in, and let it all out... Breathe in, and let it all out. Repeat as many times as you need to feel calm and centered.



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## creative activity "PAINT A SKATEBOARD DECK"

Instead of paper or a colouring book, try painting and/or spray-painting something unique like a skateboard deck! You can order online, then have a fantastic time getting creative. We have been doing this with youth in our "Flow Through Summer" mindfulness academy and it's a huge hit ~ Be sure to cover and protect your mouth/lungs and your surroundings and have fun!



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## "i am able" TREE POSE

Feel grounded to the earth and stand nice and tall like a tree! Stand on your left leg, take a deep breath in, and slowly place your right leg inside your left thigh or shin. Focus, breathe gently, put your hands together at heart center, or raise them up! If you're in a group or with another person, connect your hands to make a forest together! Keep breathing nice and gently.... Slowly inhale, slowly exhale.... Repeat for your other leg too! Tree Pose helps with courage, focus, calm, and grounding, and is always here for you.

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