



## creative activity

### "THINGS I WILL DO MORE OF + LESS OF"

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Grab a sheet of paper and divide it into two columns. On the left, scribble down "Things I Will Do More Of" and on the right side, jot down "Things to Do Less Of." Get creative with illustrations, scribbles, or glitter pens! This is your chance to unload everything that's weighing you down and make room for the things that will lift you up in the next few months of Autumn.

HERE

## TREE POSE

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Stand nice and tall! Put your weight on your left leg, take a deep breath in, and slowly place your right leg inside your left thigh or ankle. Focus, breathe gently, put your hands together at heart center or raise them up if you can! 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 focus, calm, and connecting with yourself, and is always here for you.



HERE

"warm heart"

MANTRA FOR WARMTH AND COMFORT

.....  
"I invite quiet.  
I breathe warmth into my heart.  
I am comforted."

(Deep breath in ~ "I invite quiet." ~ Exhale  
Deep breath in ~ "I breathe warmth into my heart." ~ Exhale  
Deep breath in ~ "I am comforted." ~ Exhale  
Repeat as many times as you need)



HERE

"take five breath"

BREATHING EXERCISE

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Let's remember the healing powers of slowing our breath with our "Take 5 Breath." We can use our hands with this breath, and help the little ones count and learn, while also developing hand-eye coordination. Sit nice and tall, hold your hand out like a "High Five," breathe in for a count of 5 and out for a count of 5 as you touch each finger, breathing into your nose and out of your mouth. Try on both hands, and do as many times as needed!



HERE

## “TAKE 5 BREATH WITH THE CALMING CUTIES”

Meet our pals, the Calming Cuties,  
Whispering words of breathing duties.

Inhale slowly, count to five,  
Feel calmness within come alive.

Exhale slowly, count once more,  
Feel peace replace the worry bore.

Take 5 Breaths with Cuties near,  
Bid farewell to every fear.

Now with hearts so light, minds so clear, thanks to Cuties, we cheer!

This gentle routine, easy to strive, Take 5 Breath, feel alive!

Now with hearts so light and eyes so bright, we've found our calm, together in light.

Take 5 Breath done with ease,  
In Autumn's gentle, whispering breeze.



## READING, DISCUSSION + CREATIVITY

Read: “Amber leaves twirl down, soft whispers tell, of acorns nestled in the earth so well. Autumn paints the world with colours bold, new tales of change and growth to be told. Breathe in the crisp air, let your worries melt, in Autumn’s embrace, mindful hearts felt.”

Discuss: “What sort of calming world do you think of when visualising Autumn?”

Art: Drawing and colouring Autumnal “Calming Worlds” (and further discussion after)

