

THEME: "CALM AS A CLOUD"

MINDFUL ACTIVITIES FOR FAMILIES AND CLASSROOMS



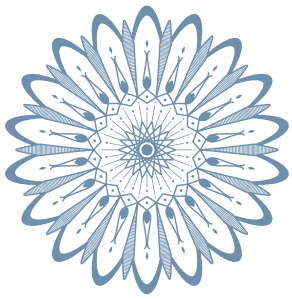
Call upon these calming methods for those times where stress is increasing and you need to take a moment to recenter. This is not only for the benefit of yourself and the little ones around you, but also to positively model these coping mechanisms. Find mindful activities including creative ideas, affirmations, breathing exercises and yoga poses.

May you be safe.
May you be healthy.
May you be loved.
We are here for you, for them.



CALMING MANTRA

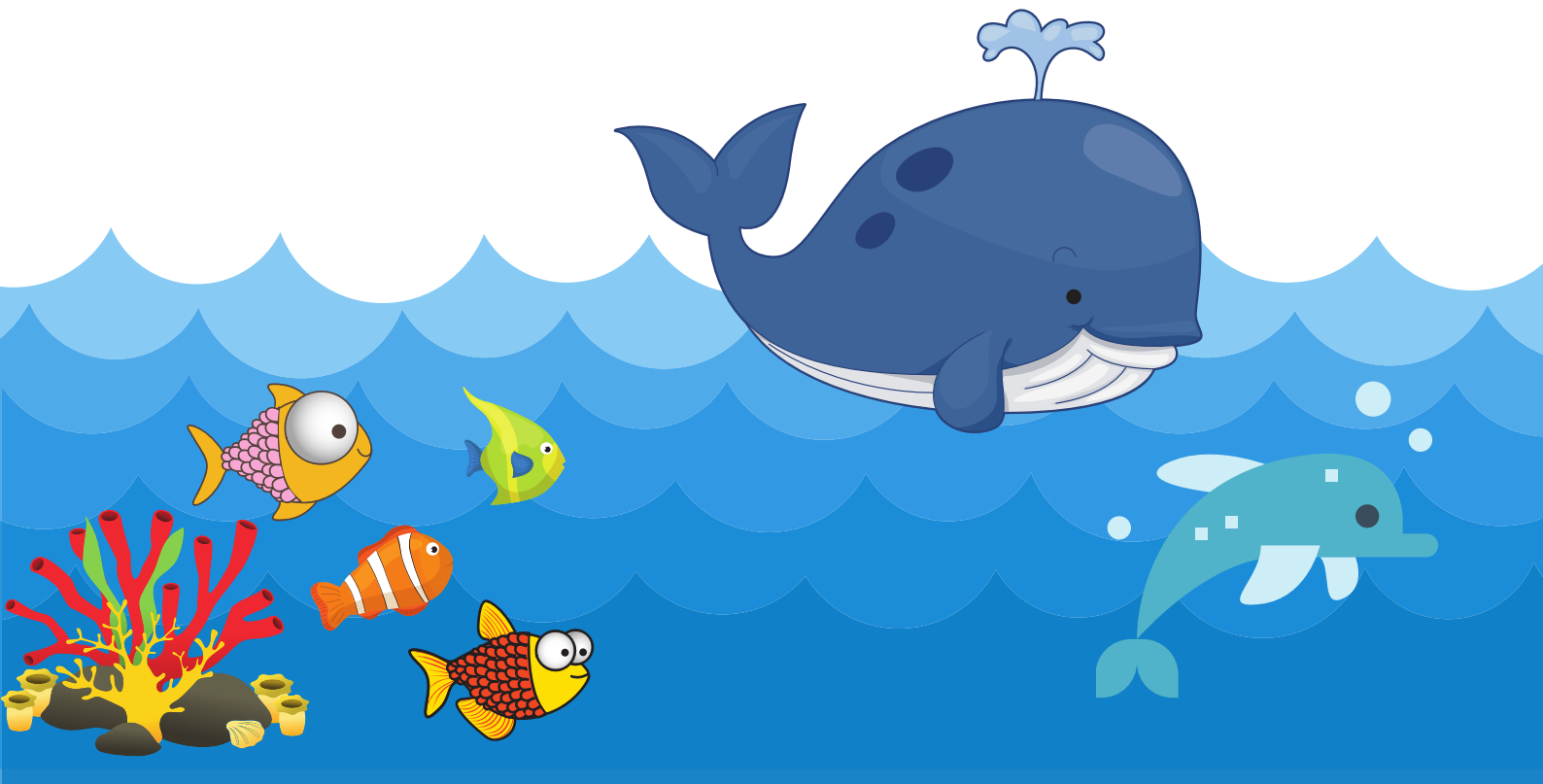
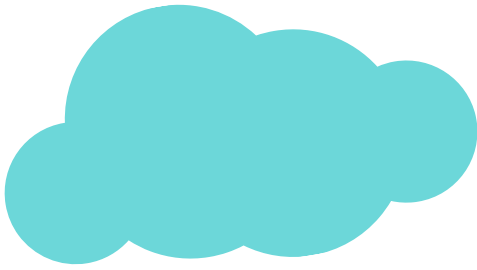
"I am a calm cloud.
Being calm as a cloud makes me feel happy and relaxed.
I am loved."



CALMNESS CHART

Calming Cloudy Sky

Draw a calm cloud in the sky together when acknowledging a calm moment. There is no point scoring here, as it's meant to give recognition to positive, calm moments. See how much you can fill the sky and maybe offer a reward once completed. (We've even offered a head start with two clouds that can be written in, while discussing how happy you were when the child was calm, focusing and listening!)



LET GO OF BUSY, BUZZY FEELINGS WITH THE "REST YOUR MIND" JAR



"REST YOUR MIND" JAR

Demonstrate How To Calm A Busy Mind



Find an old jar, fill it with water then add some glitter, gems or sequin, sand or food colouring, etc. Close the lid tight! Explain to your little ones that when you shake the jar, the glitter and sequins moving about inside represents your mind feeling busy. You can explain that as the glitter settles, this is your mind calming, and practice breathing deeply and slowly while the contents of the jar settle.



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ACTIVITY: TIME IN

One-on-One Time In The Classroom Or At Home

Take some time to ask your child or student what makes them feel calm as a cloud, and you do the same for yourself. Whatever they (and you!) come up with, try and do one of those things during the following days as their 'Special Calm Time.' You can write the answers below as part of your discussion!

"What makes you feel
calm as a cloud?"



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YOGA POSE "EASY POSE"

This is a simple seated pose with crossed legs, that the child can do either on their own or sat together back-to-back in the partner pose variation.

"Easy Pose Story" to say while your child or students participate:

"Sit up tall, close your eyes, and place your hands on your knees. Begin to take a nice, long, slow, deep breath in ~ As you inhale, imagine you are breathing in a big comforting cloud of love and happiness inside your heart, and every time you breathe in more and more again, it gets bigger and more calming! Now, remain still and breathe out a nice, long, slow breath, letting go of any worries... Enjoy the warm feeling of comfort, love and joy surrounding you and within you.

Let's do that again: Breathe in a big, comforting cloud of love and happiness.... Now breathe out any worries with a nice, long slow breath."

(Repeat as many times as needed.)



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