

## THEME: "FINDING PEACE AND STILLNESS" MINDFUL ACTIVITIES FOR FAMILIES AND CLASSROOMS



At times of stress and worry...  
We all need a moment to find our inner peace and stillness.  
Remember, we are not alone.  
Where is the place that you feel the greatest sense of peace and calm?  
Now imagine being in this place.  
How does it feel to be here?  
What can you see?  
What can you hear?  
What can you smell?  
Take a deep breath in, filling your lungs and belly, and slowly breathe out.  
Enjoy being in this peaceful place, Whether it's a real place, or it's in your  
imagination, You can go there any time.

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



### PEACEFUL MANTRA

"I am here.  
I am calm like the ocean.  
I am at peace."

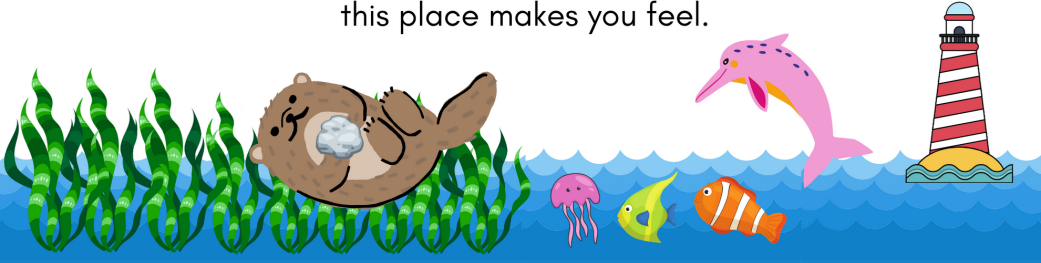


# ACTIVITY

## My Peaceful Place



Can you draw yourself in your peaceful place? Imagine your favourite place in your mind, where you feel most comfortable, relaxed and calm. Write down a few words about how being in this place makes you feel.



# ACTIVITY

## "My Peaceful Evening Routine"



In preparation for a restful night sleep, write up an evening routine with 2-3 things that allow you to find a sense of inner peace. This could be having a camomile tea, not looking at your phone after a certain time, reading a book or writing down 3 moments you felt peaceful today. This could be a classroom or family activity, getting creative with decorating and even putting this up on the wall.



# ACTIVITY

## Legs Up, Rest Up



Lay on your back and lift your legs up, resting them on a wall. Put on some relaxing music and take a couple of minutes here. This can be done at home or in the classroom to help calm the nervous system and regulate blood flow.

