

THEME: "BUILD CONNECTIONS AND MAKE THE WORLD GO ROUND."



We were inspired by the story and rescue of Kaavan, who was called "The world's loneliest elephant." After hearing his story, Kaavan was rescued by Four Paws and Cher, and relocated to a sanctuary in Cambodia for a better life with 600 other elephants! It's an incredible story about compassion, and connection ~ We are grateful to organisations such as Four Paws that exist to protect the earth and all beings in it.

We are social beings. We thrive by building communities and societies, by helping each other and working together. When we feel disconnected... Maybe even low, stagnant or anxious... Receiving support, and giving it, can help! Don't forget to share your feelings. Be open to receiving and giving love... And build those connections that make the world go round.

May you be safe. May you be healthy. May you be loved.

We are here for you, for them.



MANTRA

"I show love to those who support me.
I am loved.
I am connected to all life on earth."





ACTIVITY

Elephant Breath



Stand with your feet apart. As you breathe in, bring your arms over your head and press your hands together. Imagine you are filling your elephant trunk full of love ready to pour over someone, then as you breathe out, fold forward with a loud elephant "Pawooooo!" Did you shower anyone with love on your way down? Do three times to help clear your busy mind too!



ACTIVITY

An Elephant Never Forgets



Can you think of one person in your life who you love and appreciate very much? Someone who is there to support you? Can you tell them what they mean to you today? Don't forget the importance of showing love and gratitude to those you care about!

