

HERE

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MINDFULNESS TOOLBOX
DAILY PLANNER
"calm as a cloud"

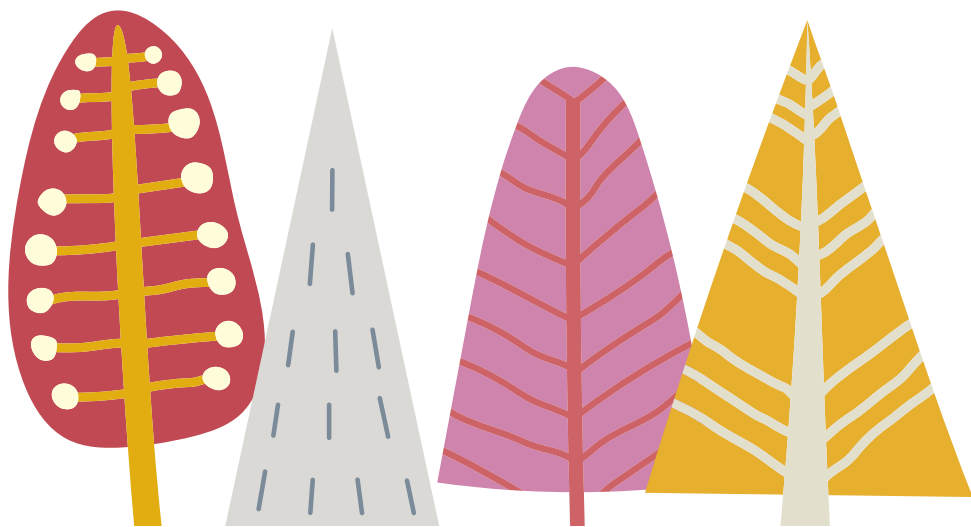


calm, connection, healing

We build strong brains and hearts through the magic of being here, by empowering schools, organizations and providers in the UK and US to bring calm, connection and healing to the children and families they support. These evidence-based mindfulness programs also boost resilience and self-confidence. With many themes centered around nature, such as "Blue Moons and Orcas," "Resilient Deer In Winter," and "Hedgehogs and Autumn Leaves," our activities include calming breathing exercises, restorative yoga poses and stretches, healing mantras, meditations and creative activities that connect children to the world around them too.

We are proud to provide mindfulness support to providers and educators, with themes and materials that can be used throughout the year.

Thank you for being here!





activities



MONDAY MOTIVATION +
GRATITUDE



TUESDAY: OBSERVATION



WEDNESDAY: CREATIVITY



THURSDAY STRENGTH +
FLEXIBILITY



FRIDAY BREATHING +
EMOTIONAL RESILIENCE



Plus bonus content!



Monday

Try incorporating a moment of reflection into the classroom and/or family Monday morning routine with the following "Calm As A Cloud" ideas (or create your own!). You can even do this every day of the week.

Take some nice, deep breaths before and after your reflections, for that extra dose of peace.

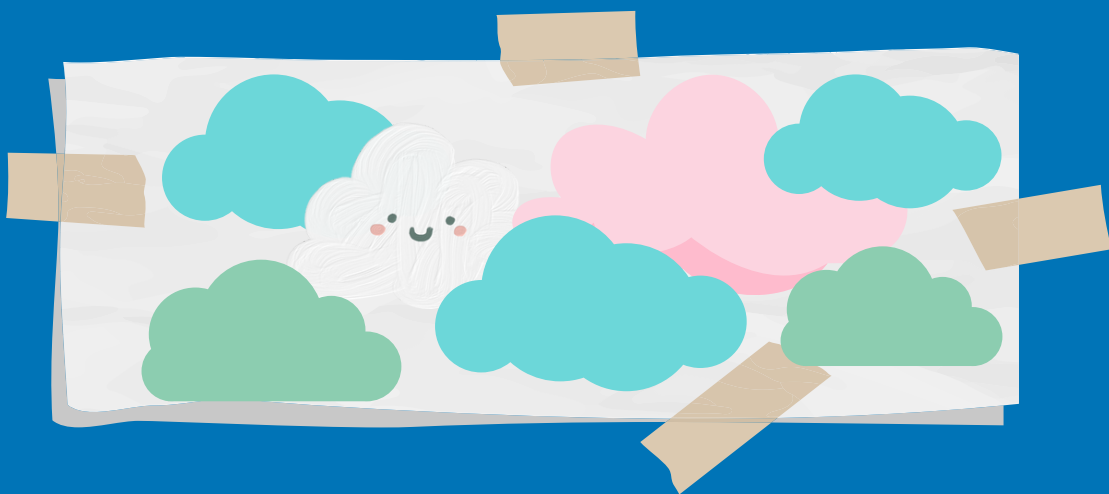
- "I enjoy all the times I feel calm as a cloud."
- "Being calm as a cloud makes me feel happy and relaxed."
- "I will do my best to be calm as a cloud this week."



tuesday

Pay attention to all the times throughout the week that your students and/or children show calm behaviour, or make someone else feel relaxed or calm.

You could even create a "Calming Cloud Chart!" Add a calming cloud to to the sky when acknowledging a calm moment. There is no point system, it is a classroom and/or family team effort. Fill the sky and perhaps offer a reward when done.



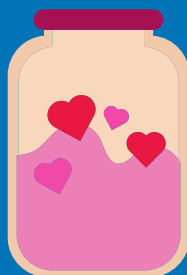


wednesday

Get creative with the "Rest Your Mind Jar." Find an old jar, fill it close to the top with water then add some glitter or sequins and a dash of food colouring. Close the lid tight!

Explain to your little ones that when you shake the jar, the glitter moving around represents your mind feeling busy. If they are a little older, you can explain that it reflects actual feelings such as stress, worry and anxiety.

As the glitter settles, explain that this is your mind calming. You can instruct the children to breathe deeply and slowly while they watch the contents of the jar to settle, and then discuss how they feel.





thursday

Crescent Moon Stretch: This is a side bend pose which can be done either standing or sitting.

Story (read aloud slowly and calmly):
"Imagine you are a little moon rising high into the sky as you lift your arms above your head! Touch your palms together. Let's reach higher and higher into the sky! Now slowly bend your body to the right and form a crescent moon shape. You got it! Now let's slowly bend to the left, forming another crescent moon on your left side. Come back to center. Let's all take a deep breath in... and a deep breath out. Well done!"





friday

"Calm As A Cloud Breath" - If possible, have the little ones lay on their backs in the relaxing pose, Savasana. (This could be done at their desks too if not possible.) Have them close their eyes while you guide them through the below story and breathing exercise.

Story: "Imagine you are looking up at a beautiful, blue sky. Now with one hand on your tummy and the other on your heart, breathe in nice and slowly... As you breathe out of your mouth, imagine you blow the fluffiest cloud away from you, up into the sky. Watch it float up slowly and gently, with your breath as the calming wind lifting the cloud higher and higher."





bonus content



**Show and/or project
on a Smart Board the
"Calming Cuties" on
the following pages
to aid in calming
activities and open
up discussions about
feelings!**











about the here founders

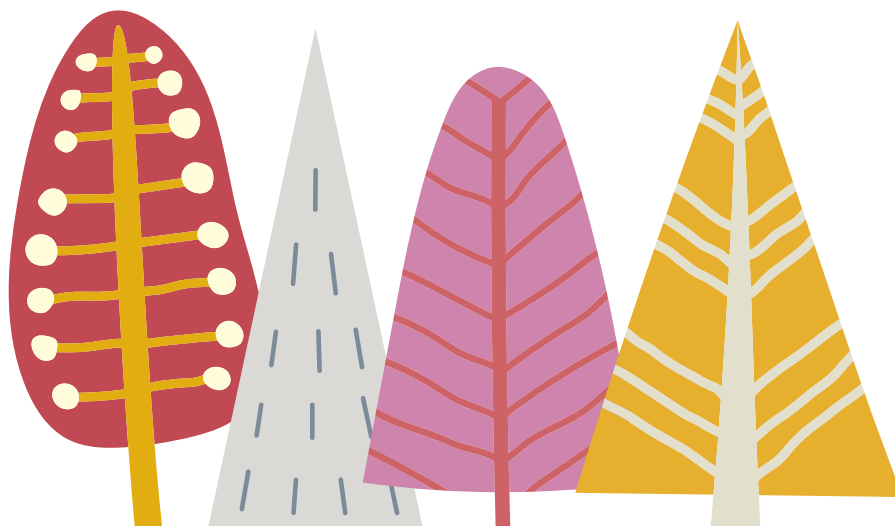
JEN ARMSTRONG, MSc

- Master of Science, Developmental and Educational Psychology (October, 2013)
- Bachelor of Science, Psychology with Sociology (July, 2012)
- Parent and Baby Yoga Teacher Diploma
- 95-hour RCYT Children's Yoga Teacher Training
- 200-hour RYT Ashtanga Vinyasa Flow Yoga Teacher Training
- 8-week MBSR (Mindfulness Based Stress Reduction) course with beingmindful.co.uk
- Trained facilitator in Roots of Empathy, The Parent Nurture Program, Teen Talk Parenting Program, Restorative Approaches, Motivational Interviewing and Solutions Focused Therapy.
- 7 years experience of Family Support Work / Parenting Support Work
- 6 years experience of mentoring and supporting young people.
- Nutritional advisory course
- Mindfulness Curriculum Developer

DANA OLSON

- UK Government/Tech Nation Exceptional Talent Visa in Digital Technology (one of 200 recipients worldwide 2016)
- Techstars/Microsoft Alumni (Seattle)
- Seattle "Female Founder to Watch." (Women 2.0)
- Fanzo Co-Founder (Seattle, Angel-funded)
- Founder of BoastHouse (creative development, marketing and communications consulting)
- Other career chapters... Omaha WOWT/Channel 6 Broadcast News Reporter + Corporate and Non-profit Public Relations, Marketing and Communications
- Current and Past Philanthropy: Brackenbury Village Residents Association, The Nebraska Medical Center Auxiliary Board, American Cancer Society, Volunteer Co-Founder of the Midlands Humane Society, The David Spence Cancer Foundation
- Mentor to startup founders and young professionals

We are grateful to have been speakers for the following organizations: The Buffett Early Childhood Institute PD For All, "Brain Building Techniques For Parents and Children: Integrating Mindfulness, Meditation and Yoga," Nebraska Early Childhood Collaborative "Elevate22," City of Westminster/London, "Reducing Parental Conflict," London Borough of Hammersmith & Fulham "Morning Market" for early childhood care providers, Omaha Raise Me To Read, the London Mindful Living Show and more.



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