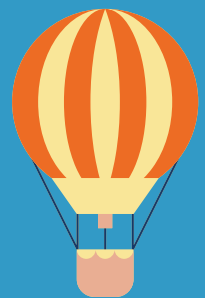


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MINDFULNESS TOOLBOX WITH
ZENLY THE LONDON FOX

"calming blue sky"





activities



**“The World Around You”
Rhyme with Zenly the
London Fox**

**Affirmation: “Peaceful,
Gentle Heart”**

**Breathing Exercise: “Calm
Cloud Breath”**

**Yoga Pose: “Calm Cloud Easy
Pose”**

**Connection + Discussion:
“When do you feel calm as a
cloud?”**

***Plus! “Calming Blue Meditation on our website:
<https://hereforyouforthem.com/blog/2018/11/8/calming-cuties-mindfulness-activities-zenly-london-fox>**



“THE WORLD AROUND YOU” WITH ZENLY THE LONDON FOX

(This is a great little rhyme to read to children before the “Calming Blue Sky” meditation or any breathing exercises!)

In London town, a fox so shy,
Took a deep breath, under the sky.
With paws so still, and eyes so round,
He paused to hear each city sound.

Amidst the hustle, peace he found,
In every sight, in every sound.
He closed his eyes, in his heart he knew, In this
big city, peace was felt through and through.

So take a breath, just like zenly the fox, In city
streets, down by the docks.
Enjoy the world, both near and far,
Wherever, whenever, whoever, you are.





affirmation for calm

SCRIPT:

“Let’s take a moment to be still and rest our minds. Ready?”

Take a deep breath in and say to ourselves ‘I am peaceful.’

Now softly breathe out.

Breathe in again and say ‘I find softness in my heart’..... and breathe out.

Take one more breath in and say ‘May I be gentle on myself’..... Now breathe out.”

“peaceful, gentle heart”

.....

“I am peaceful.
I find softness in my heart.
May I be gentle on myself.”





“calm cloud breath”

SCRIPT:

“Let’s sit up tall, or lay down on your back, resting your hands on your tummy and heart. Breathe in slowly, and then as you breathe out, round your lips like when you drink from a straw! Lift your chin, and gently blow out a lovely, slow, calm breath. Breathe in again, round your lips, and breathe out slowly so we will as calm as a cloud.

Let’s do that again! Breathe in slowly, and then as you breathe out, round your lips like when you drink from a straw! Lift your chin, and gently blow out a slow, calming breath. Breathe in again, round your lips, and breathe out slowly.”

SHORT VERSION: “FIND A COMFORTABLE SEAT AND CLOSE YOUR EYES. TAKE A BIG BREATH IN, ROUND YOUR LIPS LIKE YOU’RE DRINKING FROM A STRAW! LIFT THE CHIN, AND GENTLE BLOW OUT A CALM AS A CLOUD BREATH.”



“calm cloud easy pose”

SCRIPT:

This is a simple, seated pose aka “Criss-Cross-Apple-Sauce” with crossed legs (as comfortable as possible), that the child can do either on their own or sat together back-to-back in the partner pose variation.

“ Let’s sit up tall, close your eyes if comfortable, 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 as you breathe in more and more, 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.”

SHORT VERSION: “TAKE A NICE, SLOW, DEEP BREATH IN AND IMAGINE YOU ARE BREATHING IN A COMFORTING CLOUD OF LOVE AND HAPPINESS INSIDE YOUR HEART! AS YOU BREATHE IN MORE AND MORE, IT GETS BIGGER AND MORE CALMING! NOW, REMAIN STILL AND BREATHE OUT A NICE, LONG, SLOW BREATH.”

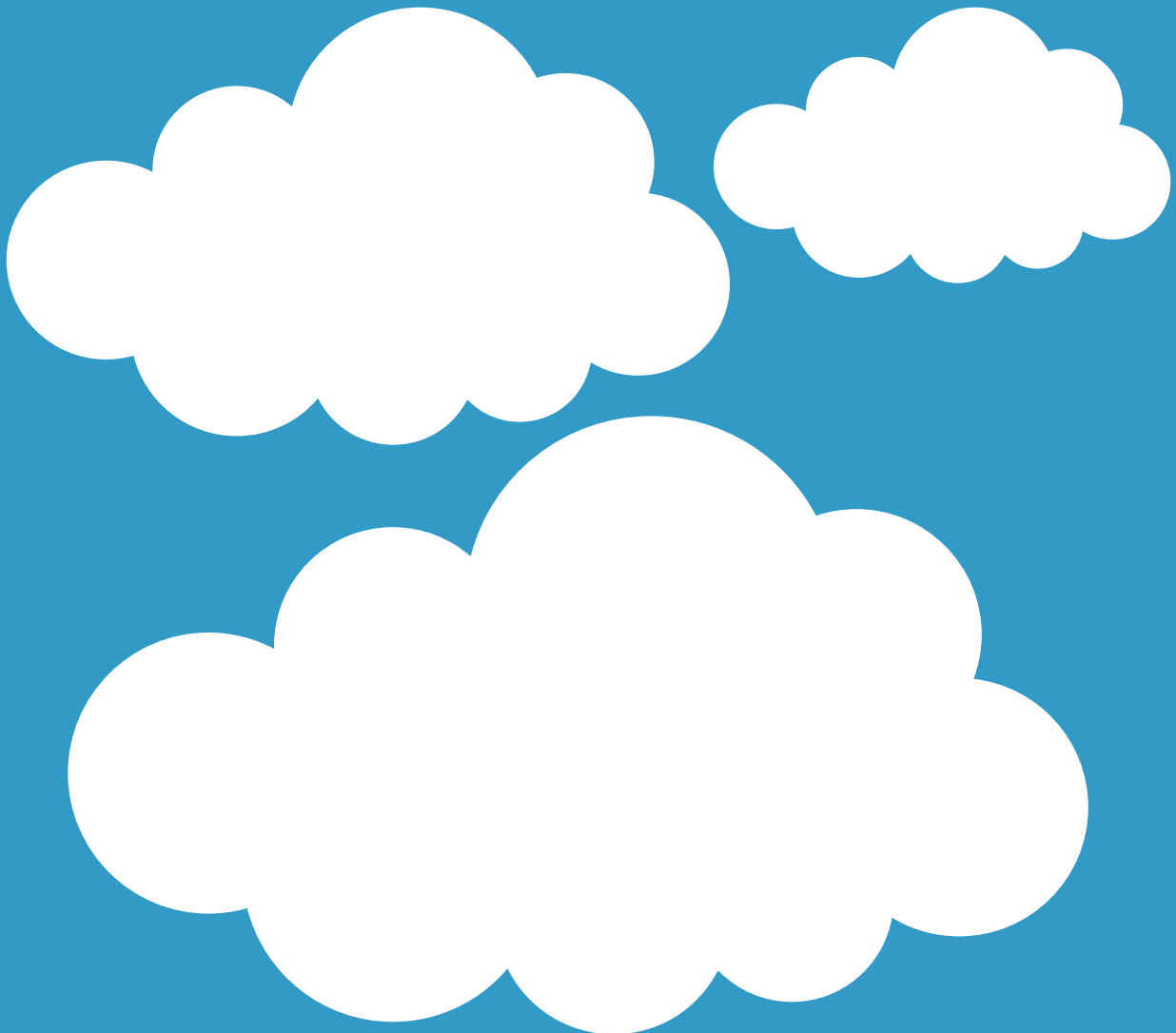




connection + discussion

“WHEN DO YOU FEEL CALM AS A CLOUD?”

Take some time to ask your child or student what makes them feel calm as a cloud, and 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 As A Cloud Time.” You can write the answers below as part of your discussion!



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thank you for being here!

