

"i am enough"

## MANTRA FOR STRENGTH

.....  
"My challenges help me grow.  
I am strong.  
I am enough."

(Deep breath in ~ "My challenges help me grow." ~ Exhale  
Deep breath in ~ "I am strong." ~ Exhale  
Deep breath in ~ "I am enough." ~ Exhale  
Repeat as many times as you need)



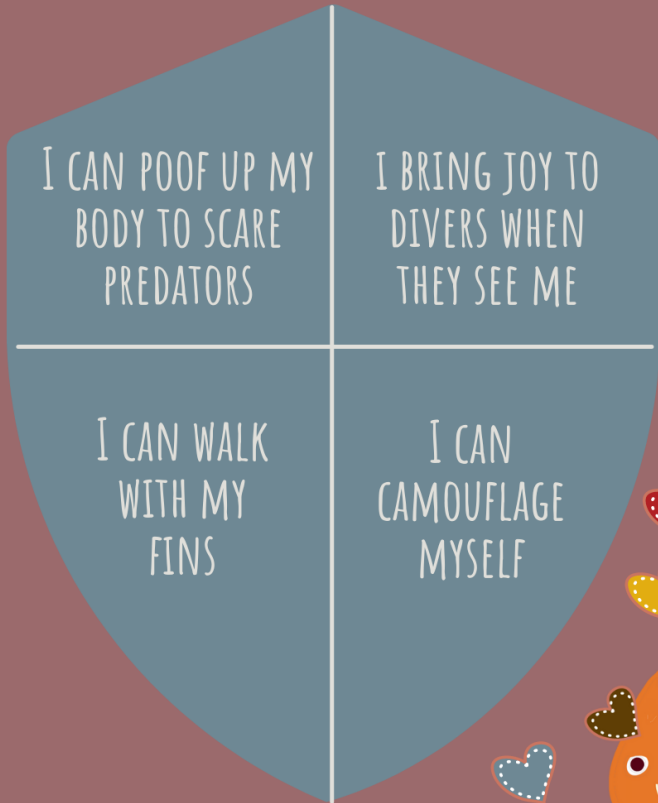
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## YOGA STORY FOR STRENGTH: FINNY THE FROGFISH

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Finny the Frogfish was feeling confused and grumpy. Most of the fish around him like swooshing around and playing games, but he preferred to lay low on the seafloor and chill. Finny also used his fins like legs to gallop across the seafloor to get snacks instead of using them to swim! Feeling like you're different can be hard. But Finny's friends saw he was upset and told him he was unique, perfect as he is, and strong! They practiced their breathing with the "I am enough" mantra to help. "My challenges help me grow. I am strong. I am enough." Well done Finny and friends for supporting each other and taking care of yourselves!

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# THEME "I AM ENOUGH" WITH FINNY FROGFISH



FINNY THE FROGFISH

## ACTIVITY

### "strengths shield"

Draw and colour a "Strengths Shield." You can do together with your little ones as a chance for parent-child bonding, as well as in the classroom for discussion time! Have your little one write down four of their strengths, one in each section, while you create your own shield too.

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## ACTIVITY

### "worry monster"

If your little ones have worries on their minds, try making a "Worry Monster Box!" You can use an old tissue box (or any cardboard box), then colour and decorate it to make it look like a monster. They can put their worries into the box for the monster to munch and help them go away! This also provides a good opportunity for them to talk about their worries with you before the hungry monster makes the worries disappear.

FINNY FROGFISH BEFORE ACTIVITY



FINNY FROGFISH AFTER ACTIVITY



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"swimming pose"  
YOGA MOVEMENT



This is especially fun as a group with your family and/or in your classroom. Lie on your belly and pretend to swim! Extend your arms and legs, take a nice, full breath in, swing your arms and kick your legs! Enjoy the nice, long stretches as you move. You can even practice an affirmation during this activity, such as "My challenges help me grow." Look at you swimming with such strength and ease!

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BREATHING EXERCISE

"strong, courageous heart"

Get cosy in your seat or on the floor and rest your eyes. Place one hand on your heart, and the other hand on top. Inhale, and breathe strength and courage into your heart, then slowly release. Perhaps think of one of your strengths from your "Strengths Shield" and breathe that into the heart and mind too. Exhale gently out of the mouth. Inhale, sending strength and courage to your heart... Feel the heart open and visualize strong, courageous energy filling it up. Exhale slowly. Repeat this breathing as many times as you need.

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