

THEME: "FLOATING KITTY"



"FLOATING KITTY MANTRA"

.....
"I am calm.
I am light as air.
I am relaxed."



HERE



"FLOATING KITTY POSE + PURRRING BREATH"

.....
Get cosy in your "Floating Kitty Pose" by resting on the floor or a comfy spot with your belly on your knees and your hands tucked in. This is very much like "Child's Pose" except you're resting like a kitty! Now take a big, slow, deep breath through your nose, then breathe out with a long, silent "Purrrrrr" out of your mouth. Repeat several times, see how slowly you can breathe out, and feel calm, light and relaxed like a floating kitty.



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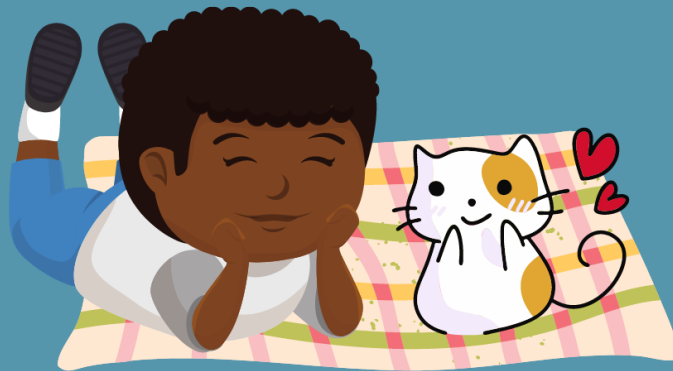
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ACTIVITY:
"CONNECTION AND CALM"



Let's connect with things and people in the world that makes us feel calm. Think of what that is, whether it's playing in a sandbox, colouring, having tea with your Grandma, or being with your pets! Be sure to take care of yourself by surrounding yourself with what makes you feel calm.



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ACTIVITY:
"THINGS THAT MAKE ME FEEL CALM
AND RELAXED"



For each little kitty "toe bean," write down something that makes you feel calm and relaxed!



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