



## VISUALISE PEACE + CALM "rest in your nest"

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Can you spend a few minutes each day creating a cosy nest for you and your little ones to relax in, and perhaps even listen to the "Lotus Through Mud" meditation? Sit quietly in "Easy Pose," close the eyes, and breathe gently. Ask them to imagine they're sitting quietly in a nest, protecting their environment, and being gentle on the heart and mind. Sit here with these healing breaths, and invite peace and calm into the heart.



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## "peaceful, gentle heart"

### MANTRA FOR SPRING

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

(Deep breath in ~ "I am peaceful." ~ Exhale  
Deep breath in ~ "I find softness in my heart." ~ Exhale  
Deep breath in ~ "May I be gentle on myself." ~ Exhale  
Repeat as many times as you need)



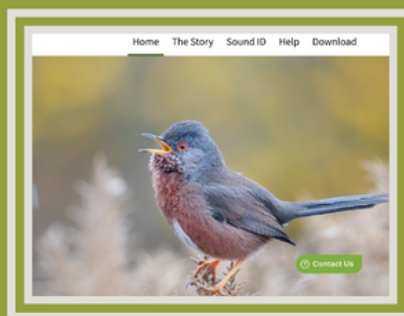
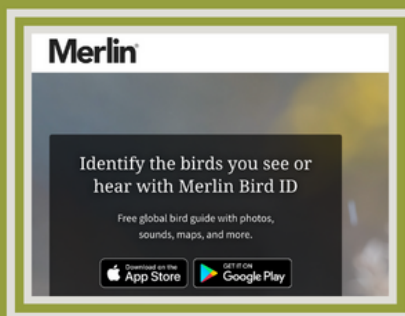
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## NATURE WALK AND RECESS

### "merlin bird app"

Bluebirds sing! Can you tune into the sound of birdsong today? When you are on a walk whether for exercise, or to school or work, notice the beautiful sounds around you just for a moment. Breathe in the joys of spring arriving and the renewal of nature coming back to life! This can also be done as a school activity for recess or other classes.



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## BREATHING EXERCISE

### "gentle breeze breathing"

Take in a nice, deep breath into your nose, filling your body with the warm, gentle, spring air, then as you breathe out, purse your lips gently just like you blow out a candle, and breathe out a cool breeze from your mouth. Take your time with each breath and repeat as many times as you need! Allow this to help connect your body and mind and calm any noise occupying your mind.



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