

**THEME: "I NEED A BREAK"**  
**MINDFUL ACTIVITIES FOR FAMILIES AND CLASSROOMS**



Take a moment to take a breath and connect to yourself. Sometimes we're expected to just let things roll by and not worry, but oftentimes, we're just not okay with how things are going and struggle. What we can do during these times is practice loving kindness, including helping the little ones in our lives with their overwhelming feelings.

We need to ground ourselves and listen to ourselves.

We are all hurting at the moment...

We're all in need of healing and to receive kind, loving energy.

We hope this theme helps release feelings of being overloaded and allows you to give yourself a break.

May you be safe. May you be healthy. May you be loved.

We are here for you, for them.

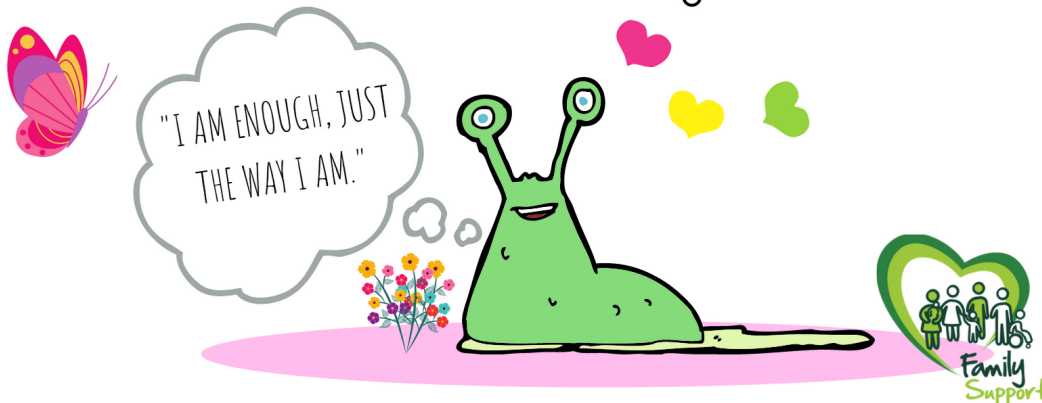


**MANTRA**

"I am enough, just the way I am."



For times you doubt yourself or are feeling low, pause, take a deep breath in and say "I am enough..." Exhale and say "just the way I am." It will help bring you back to the present moment and release feelings of self-doubt.





## MANTRA: LOVING KINDNESS



HERE

A mantra for all beings who are hurting and struggling,  
beginning with ourselves.

May I be safe.  
May I be strong.  
May I accept anger and sadness.  
May I be healthy.  
May I be loved.

Now to send loving kindness to someone in your life who  
needs comfort.

May you be safe.  
May you be strong.  
May you accept anger and sadness.  
May you be healthy.  
May you be loved.

Sharing the mantra for all beings who are hurting and  
struggling, even those we have not met.

May they be safe.  
May they be strong.  
May they accept anger and sadness.  
May they be healthy.  
May they be loved.



# ACTIVITY

## "Worry Balloon"

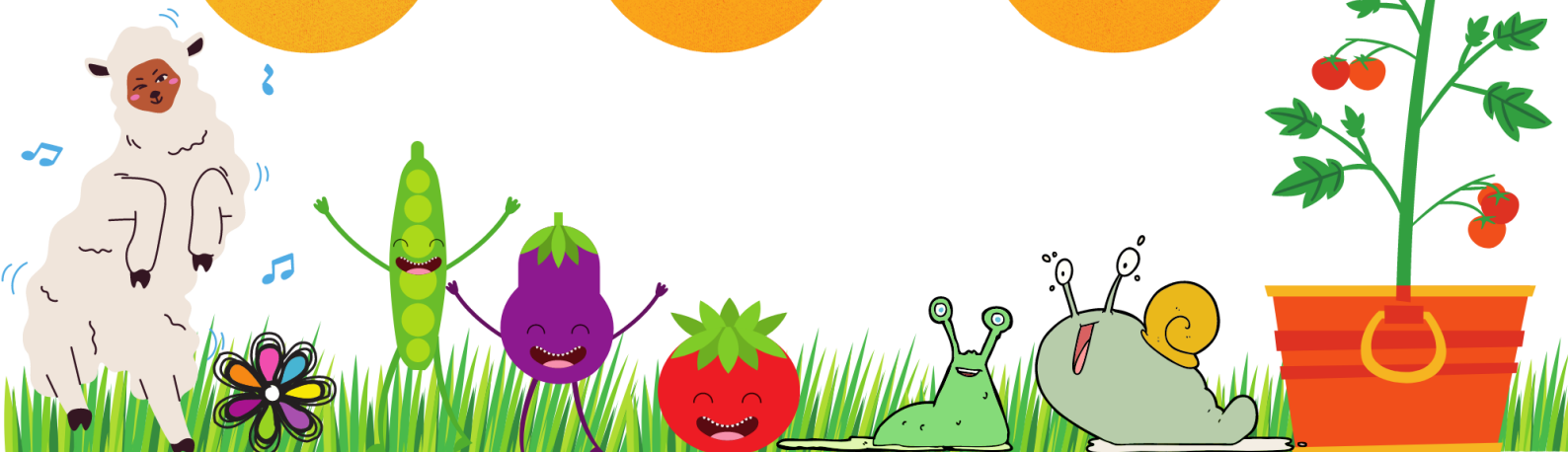
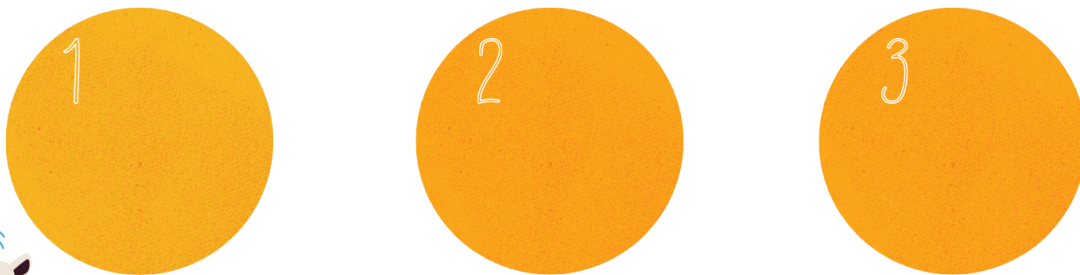


Draw a balloon and write down the things inside it you need to let go of. (Or draw several balloons with one thing you need to let go of in each one.) Once finished, imagine this balloon floating away, high into the sky, creating space for fresh, new energy you want to bring in.



## SILLY GARDEN

This activity helps relieve stress and feelings of self-doubt by putting things in perspective. Take a step back and remember the simple things that are so important in life. All you need is some paper and crayons to create your garden, and then write down three things that make you laugh! (You can also print this worksheet to use.) **Bonus challenge:** What can you do to help your Silly Garden grow? Perhaps fill it out every day with a new thought? Or even talk about the garden with your family throughout the week!



HERE

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