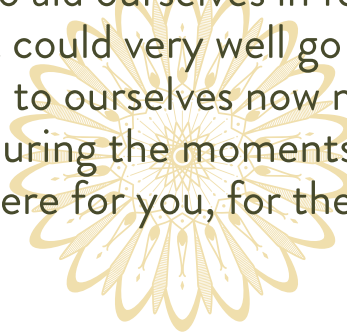


THEME: "KINDNESS"

MINDFUL ACTIVITIES FOR FAMILIES AND CLASSROOMS



It's time to accept ourselves... Accept where we are in our body and mind, and move through kind practices to aid ourselves in feelings of self-doubt and being overloaded... Feelings that could very well go beyond anything we've felt before. We need to be kind to ourselves now more than ever, and we hope these practices help you during the moments you need them the most.
Here for you, for them.



Bravery Mantra For Children



"I Am Safe.
I Am Courageous.
I Am Loved."

(Take a deep breath in and after the exhale say "I am safe." Another deep breath in and out, "I am courageous. And another.... "I am loved.")



BREATHE

FIVE FINGER
BREATH



Take a moment to calm a busy brain! Hold your hand up ~ Breathe in as you trace up your thumb, and exhale as you move your finger down. Breathe in as you move up your index finger, exhale as you move your finger down....

Repeat this on all of your fingers and notice how relaxed you feel! Repeat as many times as needed.



Pause In The Breath And Mind



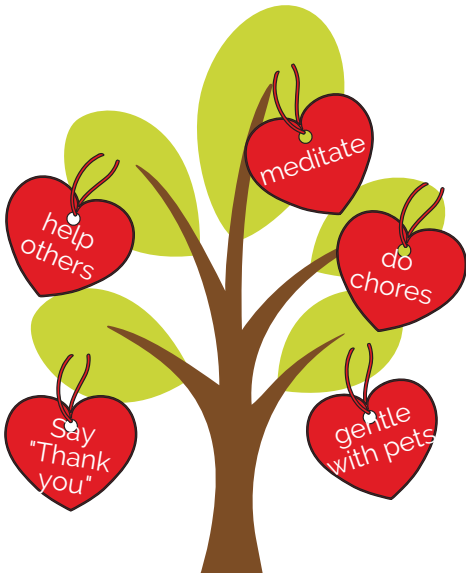
Our minds can be constantly on the move, thinking so much about the past and future, and we can easily lose the ability to be fully present in the body and mind as a result. Being kind to yourself by allowing for slight pauses within the breath helps to encourage pauses in the mind. So let's get cosy and close our eyes. Now draw breath into the nose and once at capacity, take a moment to pause before exhaling the breath out through the nose again. Allow for a moment to pause before drawing fresh breath back into the nose and lungs. Repeat for as long as needed.



HERE
For You For Them



ACTIVITY: KINDNESS TREE



Being kind will help us grow! Let's draw a picture of a tree and then cut and stick (or draw) some leaves onto the tree, writing a kind act on each leaf.

You can do this as a family activity and get everyone thinking about ways to be kind to themselves and each other during this time.

Remember to do one act of kindness for yourself today- Maybe that's taking a bubble bath, having your favourite smoothie, or watching or reading something you love. Nurture yourself as you are so deserving of it and it's important to do now more than ever.

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