

THEME: "LET GO"

MINDFUL ACTIVITIES FOR FAMILIES AND CLASSROOMS

On any normal day our minds can feel overloaded, but now it seems especially so. We offer to you these calming techniques, that you can do with your children too, in order to help heal your heavy hearts and minds, and let go.



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.



CHALLENGE

Set An Intention For Good Things

At the start of the week (or even the beginning of every day!), think about one thing you can let go of to make space for something new.

You can write this down or simply set your intention that you are creating fresh, new space for good things.



LET GO OF BUSY, BUZZY FEELINGS WITH THE "REST YOUR MIND" JAR



"REST YOUR MIND" JAR

Demonstrate How To Calm A Busy Mind



Find an old jar, fill it with water then add some glitter, gems or sequin, sand or food colouring, etc. Close the lid tight! Explain to your little ones that when you shake the jar, the glitter and sequins moving about inside represents your mind feeling busy. You can explain that as the glitter settles, this is your mind calming, and practice breathing deeply and slowly while the contents of the jar settle.




[HERE](#)





"Let Go" Mantra



Inhale and say to yourself, "Let"
Exhale and say, "Go."

Repeat as many times as needed.

HERE

"LET GO"

When you feel overwhelmed,
you have your breath to see you through.
Every breath is a passing moment in time.
At any moment, you can exhale stale energy you need to release...
And inhale fresh, renewing energy.
Exhale what brings you down and let go...
Breathe in softness and stillness.
Again ~ Exhale stale air...
Breathe in fresh air.
Make space for the things that lift you
and allow you to be your higher self.
You always have your breath to help guide you.
May you be safe. May you be healthy. May you be loved.
Now breathe in...
And breathe out.
We are here for you, for them.

HERE

HERE

Instagram: @hereforyouforthem

Facebook: hereforyouforthem

Twitter: @HereFYFT

www.hereforyouforthem.com