

BREATHING EXERCISE

"breathe into the heart"



Get cosy in your seat or on the floor and rest your eyes. Place one hand on your heart, and the other hand on top. Breathe in through the nose slowly, and direct some warm, healing energy to the heart... Exhale gently out of the mouth. Inhale, sending love and gratitude to your heart... Feel the heart open and visualise warm, healing air filling it up. Exhale slowly. Repeat this breathing as long as you need.

HERE

LOVING KINDNESS AFFIRMATION

Let's send loving kindness to ourselves:

"May I be safe. May I be strong. May I be healthy. May I be loved."

To send loving kindness to someone in your life:

"May you be safe. May you be strong. May you be healthy. May you be loved."

For all beings who are hurting and struggling:

"May they be safe. May they be strong. May they be healthy. May they be loved."



MINDFUL REMINDER



Set an intention today to live with awareness and kindness.



HERE

CREATIVE ACTIVITY

"growing kindness"

.....

Being kind will help us grow! Draw a picture of a tree (or trees) and then write a kind act on each leaf or on the tree. You can do this as a family or classroom activity and get everyone thinking about ways to be kind to themselves and each other.

