



*"you belong"*

MANTRA FOR COMFORT AND BELONGING

.....

"You are enough, perfect as you are, and you belong."

You can use this affirmation for when the children you support are feeling down, and even as something to begin and end the day or a session with!



BREATHE INTO THE HEART

*"strong, courageous heart"*

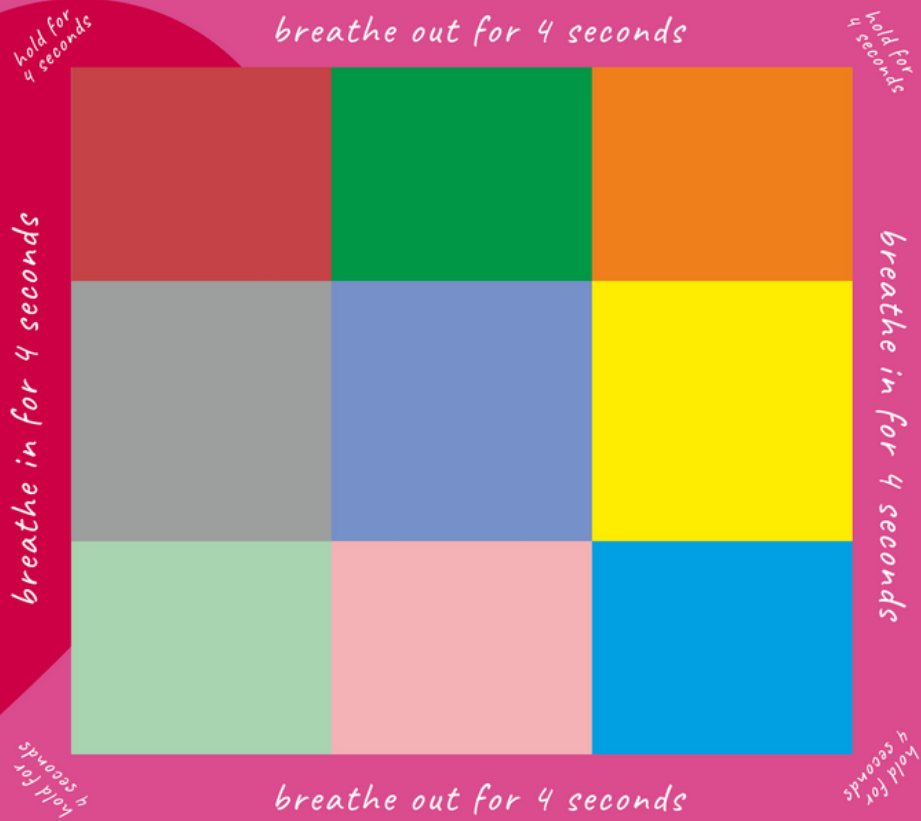


Get cosy in your seat or on the floor and rest your eyes. Place one hand on your heart, and the other hand on top. Inhale, and breathe strength and courage into your heart, then slowly release. Exhale gently out of the mouth. Inhale strength and courage, sending these thoughts to your heart too... Feel the heart open and visualize strong, courageous energy filling it up. Exhale slowly. Repeat this breathing as many times as you need.



## "BOX BREATHING"

Find a comfortable seated position, or lay down if you prefer. Allow your focus and awareness to become solely onto the breath. Close your eyes if comfortable doing so. Now start drawing the breath into the lungs and diaphragm through the nose for a slow count of 4, hold the breath for 4, exhale the breath out of the nose for 4, and hold again for 4. If you are with the little ones, you can hold a square toy or even a sheet of paper as a prop to help guide them. Repeat this breathing for as long as you need.



## HEALING ACTIVITY "pause button"

Take a moment to just be, and sink into stillness. Imagine pressing a big, red pause button in your mind, and being still for 1 minute. You can even close your eyes if you wish, and take some healing breaths... Breathe in, and let it all out... Breathe in, and let it all out again. Repeat as many times as you need to feel calm and centered.

