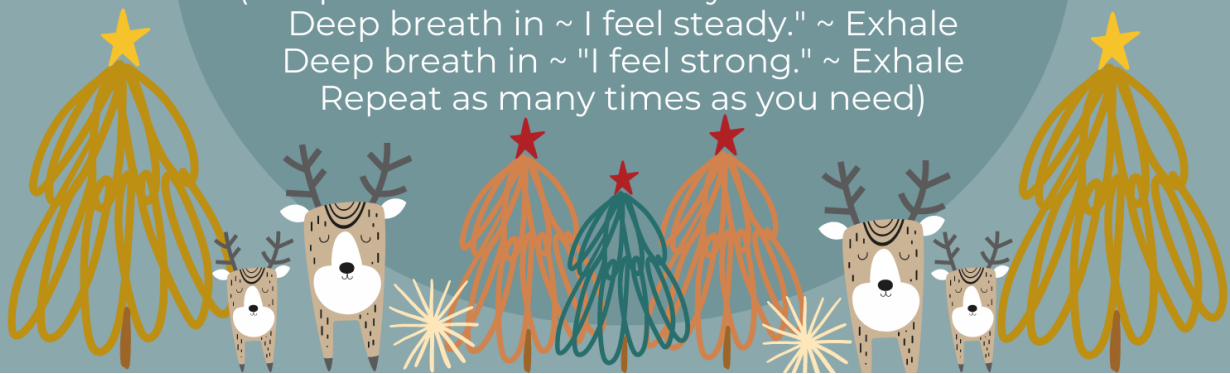


"CALMING MANTRA" FOR CHILDREN

"I calm my breath.
I feel steady.
I feel strong."

(Deep breath in ~ "I calm my breath. ~ Exhale
Deep breath in ~ "I feel steady." ~ Exhale
Deep breath in ~ "I feel strong." ~ Exhale
Repeat as many times as you need)



HERE

YOGA STORY FOR CALM AND GROUNDING:
DASH THE WHITE-TAILED DEER

Dash the White-Tailed Deer is majestic and strong! Although Dash can run up to 40 miles per hour, jump 9 foot fences, and swim 13 miles per hour, he was still nervous about the colder days ahead. Just as Dash feeds his body for strength and endurance, he reminded himself that he can also feed his mind! He remembered his special mantra to calm his brain.

He took a big breath in and said to himself "I calm my breath, I feel steady, I feel strong," and repeated it a few times until he felt peaceful and relaxed again. Well done Dash!

(Facts via StateSymbolsUsa.com)

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MINDFUL MOMENTS ADVICE FROM A DEER

Remember that your breath is always here for you.

Say, "I calm my breath. I feel steady. I feel strong." when you feel overwhelmed.

Use your strong brain to help you leap into winter!

Stop and enjoy the beauty of the nature around you and the earth you walk on.

[HERE](#)



BREATHING TECHNIQUE "BOX BREATHING"

Sometimes things feel overwhelming, especially during the holiday season. To bring some calm into the moment and ground yourself, find a comfortable seated position or lay down if you prefer. You can even pause at your desk or while cooking a meal! Bring awareness to the breath, and start to inhale through the nose for a slow count of 4... Hold the breath for 4... Exhale out of the nose for 4, and hold again for 4. Repeat this for as long as you need.



[HERE](#)

THEME: "RESILIENT DEER IN WINTER"



FIVE FINGER BREATH

Hold up your right hand, place your left index finger on the outer edge of your right little finger. When you breathe in, go up your right little finger tracing it to the top, and as you breathe out, go down the finger. Repeat this for all the fingers and thumb, and take a pause every time you are at the top of a finger, and then the bottom too. Take your time, and enjoy the stillness and peace to help you calm the nervous system when feeling overwhelmed. Repeat as many times as needed.



HERE

"REST YOUR MIND JAR"

Find an old jar and have fun decorating it with stickers! Add some glitter, gems or sequin, sand and/or food colouring, etc. on the inside and then add water. 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.



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