

# THEME: "I NEED A BREAK"



## MANTRA:

"I AM ENOUGH, JUST THE WAY I AM"

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For times you doubt yourself or are feeling low, pause, take a deep breath in and say "I am enough..." Breathe out and say "Just the way I am." This mantra and breathing exercise will help bring you back to the present moment and release feelings of self-doubt. Repeat as many times as you need, and remember that you are amazing!

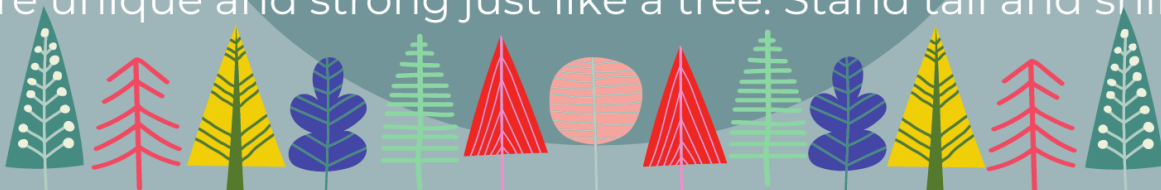
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## "STANDING TALL LIKE A TREE"

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Standing tall like a tree... What kind of tree do you want to be? Maybe an oak tree or weeping willow. You know what is special about trees? Each of them are unique! No matter how big or small, round or tall, they stand together in stillness and strength. They provide us with fresh air and shade. Let's take a leaf from their book, find our strengths and superpowers, and make the world a better place. You are unique and strong just like a tree. Stand tall and shine!



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# ACTIVITY: "SILLY GARDEN"

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This activity helps relieve stress and feelings of self-doubt by putting things in perspective. Take a step back and remember the simple things that are so important in life. All you need is paper and crayons to create your garden, and then write down three things that make you laugh! Bonus Challenge: What can you do to help your Silly Garden grow? Perhaps fill it out every day with a new thought? Use as a family and/or classroom discussion tool too!



## LOVING KINDNESS MANTRA:

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A mantra to send loving kindness to ourselves:  
May I Be Safe. May I Be Strong. May I accept anger and sadness. 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 accept anger and sadness. 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 accept anger and sadness. May they be healthy. May they be loved.

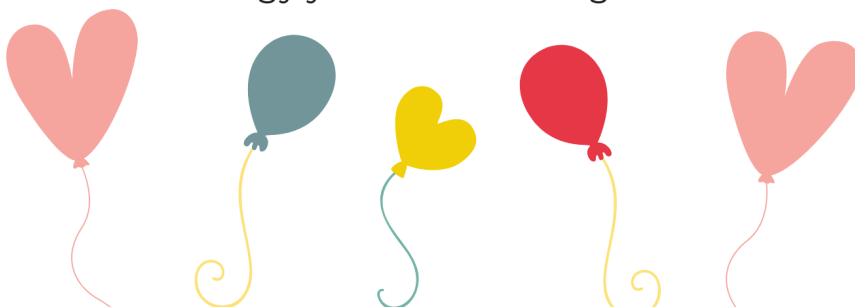
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# ACTIVITY: "WORRY BALLOON"

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Draw a balloon and write down the things inside it you need to let go of such as fear or self-doubt. (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.



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