

As we go through struggles, we can all too easily think we are alone. We are not alone. We are here together. Remind yourself of this when you struggle. Let's practice "Spring Healing" to find your inner peace and calm which is always here for you. Take a moment to be still. Feel connected to, and held by the earth. Close your eyes and practice the mantra: "I am peaceful. I find softness in my heart. May I be gentle on myself."

We hope you enjoy this Mindful Activity Pack that you can do on your own, in your classroom, home and/or with children and families you work with.

May you be safe. May you be healthy. May you be loved. We are here for you, for them.



SPRING MANTRA

"I am peaceful.  
I find softness in my heart.  
May I be gentle on myself."





# ACTIVITY

## Legs Up, Rest Up



Lay on your back and lift your legs up, resting them on a wall. Put on some relaxing music and take a couple of minutes here. This can be done at home or in the classroom to help calm the nervous system and regulate blood flow.



HERE



# ACTIVITY

## My Peaceful Place



Can you draw yourself in your peaceful place? Imagine your favourite place in your mind, where you feel most comfortable, relaxed and calm. Write down a few words about how being in this place makes you feel.



HERE



## VISUALISATION: "MY PEACEFUL PLACE"

Where is the place that you feel the greatest sense of peace and calm? Now imagine being in this place. How does it feel to be here? What can you see? What can you hear? What can you smell? Take a deep breath in, filling your lungs and belly, and slowly breathe out. Enjoy being in this peaceful place. Whether it's a real place, or your imagination, you can go there any time.



HERE



## BREATHING EXERCISE: 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.

