

## THEME: "ONE MOMENT AT A TIME"




Here we are at the start of a new year.  
Some trials and challenges of last year have gone...  
But others have hung on, making their way into the new year as well.  
Even so, we say hello to every moment that brings new possibility.  
Let's do our best to take care of ourselves...  
Allow our hearts to feel full with little, every day wins...  
Let go of what doesn't serve us...  
And ensure we comfort and boost each other in times of need.  
Every day is a fresh start...  
And we can get through all of them one moment at a time.  
  
May you be safe. May you be healthy. May you be loved.

We are here for you, for them.



### NEW YEAR MANTRA



"Every moment brings a fresh start.  
I do the best I can.  
I choose to have a good day."



# ACTIVITY

## Setting Intentions



Set an intention for the new year. What do you wish for this year? Do you have a certain goal? An area of personal growth you'd like to work on? Or a need to bring more joy into your everyday? This can be a family discussion activity around the dinner table, or something you think about quietly in your mind. Make a note of your intentions, and you can refer back to them at any time you need to be reminded.



# ACTIVITY

## Create Your Own Mantra



Can you write a special mantra for yourself? You can draw and decorate your mantra on a piece of paper and stick it on your fridge or bedroom wall. This mantra will be unique to you, to look at whenever you need a calming, positive reminder. You can write mantras such as "I am enough." "My challenges help me grow." or "Today I choose to be kind."



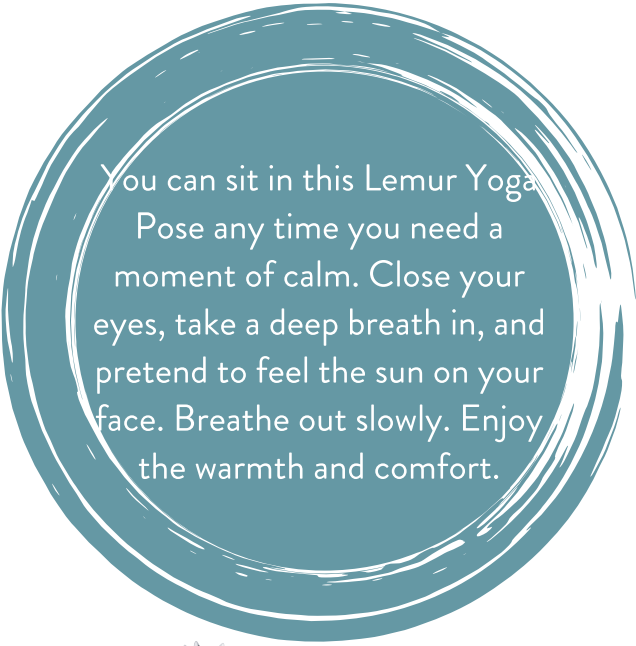
# THE LEMUR!

Let's Learn About The Lemur From  
Smithsonian's National Zoo

<https://nationalzoo.si.edu/animals/ring-tailed-lemur>



"While ring-tailed lemurs sunbathe, they sit in what looks like a yoga pose with their bellies toward the sun and their arms and legs stretched out to the sides. This position warms the lemurs up before they forage."



You can sit in this Lemur Yoga Pose any time you need a moment of calm. Close your eyes, take a deep breath in, and pretend to feel the sun on your face. Breathe out slowly. Enjoy the warmth and comfort.

