



we are all connected
"MANTRA FOR PEACE AND KINDNESS"

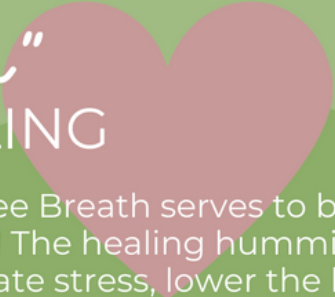
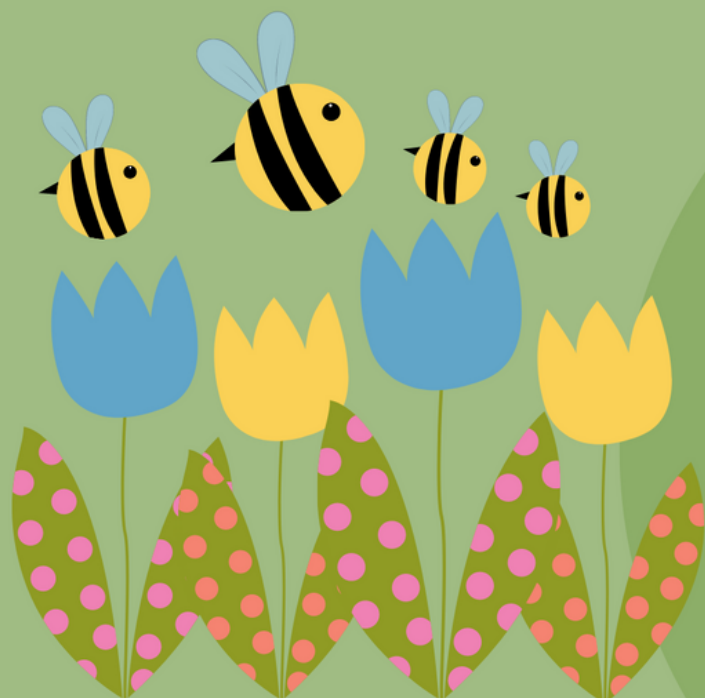
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"I am loved.
I am connected to all life on earth.
I send loving kindness into the world."
(Deep breath in ~ "I am loved." ~ Exhale
Deep breath in ~ "I am connected to all life on earth." ~ Exhale
Deep breath in ~ "I send loving kindness into the world." ~ Exhale
Repeat as many times as you need)



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"humming bee breath"
INVITE CALM AND HEALING



Humming Bee Breath serves to benefit us in many ways! The healing humming sound helps alleviate stress, lower the heart rate and can even release the love hormone, oxytocin, which increases connection to the self and overall wellbeing.

Let's begin by finding our Easy Pose, sitting cross-legged with our spine nice and long. Next we will take our index fingers and lightly press our ears closed to block out any external sounds. Take a nice deep inhale through the nose and make the sound 'hmmm' as you breathe out of the nose slowly and calmly, taking your time. Repeat as many times as needed.

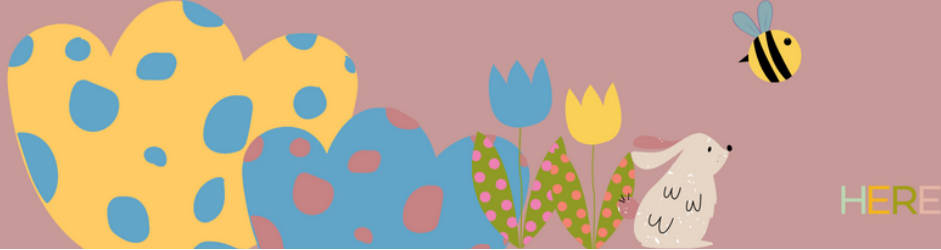
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"springtime awareness"

AWARENESS + REFLECTION: 5 THINGS I NOTICE AROUND ME

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A lovely activity to bring awareness into the moment, is to enjoy some time out in nature as the seasons change. Go for a walk with your little ones, or to the park, and as an activity, ask them to find 5 "Springy" things that they notice around them! You can use this as discussion, and even a drawing activity for when back home or in the classroom. Get the paper and crayons out and have them draw and colour their observations.



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"focus and calm"

TREE POSE

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Feel grounded to the earth and stand nice and tall like a tree! Stand on your left leg, take a deep breath in, and slowly place your right leg inside your left thigh or shin. Focus, breathe gently, put your hands together at heart center, or raise them up! If you're in a group or with another person, connect your hands to make a forest together! Keep breathing nice and gently.... Slowly inhale, slowly exhale....Repeat for your other leg too. Tree Pose helps with focus, calm, and grounding, and is always here for you.



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creative activity

"PAINT YOUR OWN CUSTOM KICKS"

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Instead of paper or a colouring book, grab any "kicks" your child is ok with painting, remove the laces, wash and dry them real good, then have a fantastic time getting creative by painting them. Acrylic paints work well on sneakers, or head outside and use spray paint too. Be sure to cover and protect your surroundings and have fun!



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