

"we are all connected"
AFFIRMATION FOR HEALING AND KINDNESS

"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)



HERE

"legs up rest up"
HEALING + RESTORATIVE ACTIVITY

Take some of your stresses away and lighten the load by taking the weight of our feet! All you need for this is wall and something to cushion your sit bones- either a low cushion, yoga mat, or directly on a carpet. This restorative pose serves to fully relax the body and by inverting the legs up the wall you allow the blood circulate around the body. So find your wall, and place your mat / cushion right up next to it (if you are using one) then sit directly against the wall, lay on your back and allow your legs to rest up against the wall.

Lie here as long as you need. You can even play some relaxing music during this quiet time.



HERE



"springtime serenity" CREATIVE ACTIVITY

Guide your students and/or the children you support to find their serene space with the arrival of spring. Invite them to close their eyes and envision their ideal peaceful place during this season of renewal. Is it a green meadow sprinkled with wildflowers, or a gentle stream bordered by budding trees? Ask them to draw this tranquil scene where they feel most at ease and secure. Then, have each student share a few words or sentences about how this special spring sanctuary makes them feel connected and calm. This exercise not only celebrates the healing power of spring but also the personal havens that offer safety and peace to young minds.



BREATHE



RELEASE TENSION "relax the jaw"

If feeling stressed, we can tend to hold tension in the body and the jaw.

Throughout the day, turn your attention to your jaw. If you notice any tension, take a moment to pause, breathe, rest the tongue on the roof of the mouth and allow the jaw to relax.

Rest here for a few moments, perhaps with the eyes closed, and allow the tension to melt away.

HERE

STORY TIME: "HOLLISETTE THE HYRAX SOAKS IN THE HEALING
WONDERS OF SPRING WITH FRIENDS"



Hollisette the Hyrax, calm and sweet,
Finds her joy where the meadows meet.
As a Calming Cutie, she loves to share,
Springtime wonders here and there.

With each petal, soft and new,
She whispers secrets to the morning dew.

Gentle breezes, skies so blue,
In spring's arms, she finds her cue.

"Take a moment, breathe it in,"
Says Hollisette with a tranquil grin.
Each step, each sniff, a peaceful spin,
Spring's calming spell, let it begin.