

"soft heart"

MANTRA FOR SOFTNESS AND COMFORT

.....
"I invite quiet.
I breathe in softness to my heart.
I am comforted."

(Deep breath in ~ "I invite quiet." ~ Exhale
Deep breath in ~ "I breathe in softness to my heart." ~ Exhale
Deep breath in ~ "I am comforted." ~ Exhale
Repeat as many times as you need)



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SIT IN STILLNESS
"the one minute challenge"

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Sit for one minute and simply observe and feel the breath coming into the body and going out again ~ See if your little ones are up for the challenge too! After the challenge, you can talk about this together to see how it felt and to share your thoughts.



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BREATHING
EXERCISE

"4-7-8 breath"

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This is a great breathing technique if you struggle to sleep due to stress or worry. You can also do this breath when you and your little ones need a calming moment during the day. All you need to do is breathe in for a count of 4, hold the breath in for a count of 7, then slowly part the lips and breathe out for a count of 8. Take your time, and allow the body to feel soft and relaxed as you let go of the day. If the counts are too long, try breathing in for a count of 4, holding the breath for a count of 5, and breathing out for a count of 6. Repeat as many times as needed.

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BREATHING EXERCISE
"balloon breath"

Lay down and imagine a balloon above you. Think of what is worrying you, take a deep breath in, and as you breathe out, imagine blowing your worries away, up into the sky so it no longer holds heavy in your heart or mind. Breathe in... Then breathe your worries up into the sky again! You can practice this with real balloons as well. Breathe slowly as you do this exercise, and feel a sense of calm within the body and mind.

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