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.....
MINDFUL ACTIVITY PACK
"the seasons"



let's stay in touch!

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autumn





YOGA STORY FOR COURAGE: HOLLY THE HEDGEHOG

.....

Holly Hedgehog was excited to begin the day, but also nervous! With the shifting season, changing colours and cooler air, Holly felt like curling up into a little ball and hiding away. But Holly thought of the "Leaf Breath" that made her feel calm and strong. Let's give it a go together ~ With a leaf in your hand or drawn on paper, breathe in as you trace one edge... Hold for one second on the corner... Breathe out as you trace another edge... Hold. Do around the entire leaf to feel calm and brave!

HERE



"LEAF BREATH"

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With a leaf in your hand or drawn on paper, breathe in nice and slowly as you trace one edge... Hold for one second on the corner... Breathe out as you trace another edge... Hold. Do around the entire leaf to feel calm and brave!



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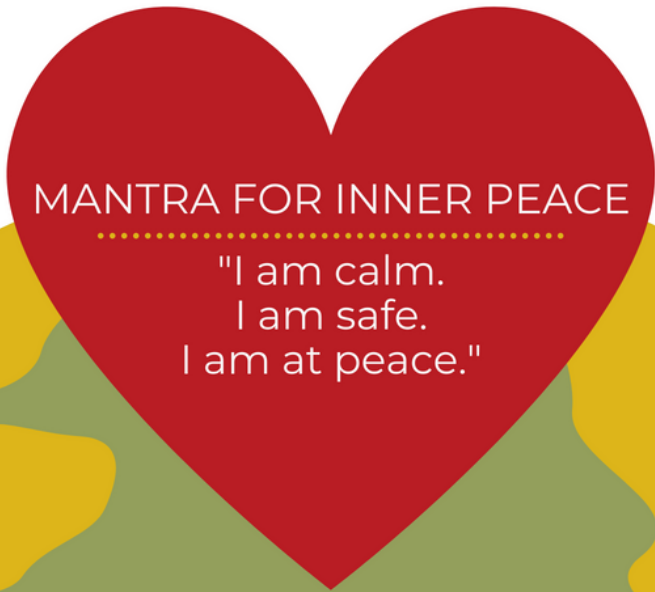


ACTIVITY: "NURTURING SPACE"

As we settle into the Autumn season, it's a great time to create a calming, comforting, nurturing nook or space for you as well as your little ones. Just as Holly the Hedgehog likes to get all snuggled up in leaves, you can have your space with warm blankets, diffusers with calming scents, candles, fairy lights and whatever you need to bring in a feeling of security and comfort.



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MANTRA FOR INNER PEACE

"I am calm.
I am safe.
I am at peace."

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ACTIVITY: "NATURE MANDALA"

Everything is connected - we are to one another and also towards the earth, so let's use this time to reconnect to ourselves, to each other, and to nature. Find materials outside like rocks, leaves and petals to make your nature mandala. While doing the activity, we can also thank our earth for sharing its abundance and beauty.



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"i am enough"

MANTRA FOR STRENGTH

.....
"My challenges help me grow.
I am strong.
I am enough."

(Deep breath in ~ "My challenges help me grow." ~ Exhale
Deep breath in ~ "I am strong." ~ Exhale
Deep breath in ~ "I am enough." ~ Exhale
Repeat as many times as you need)



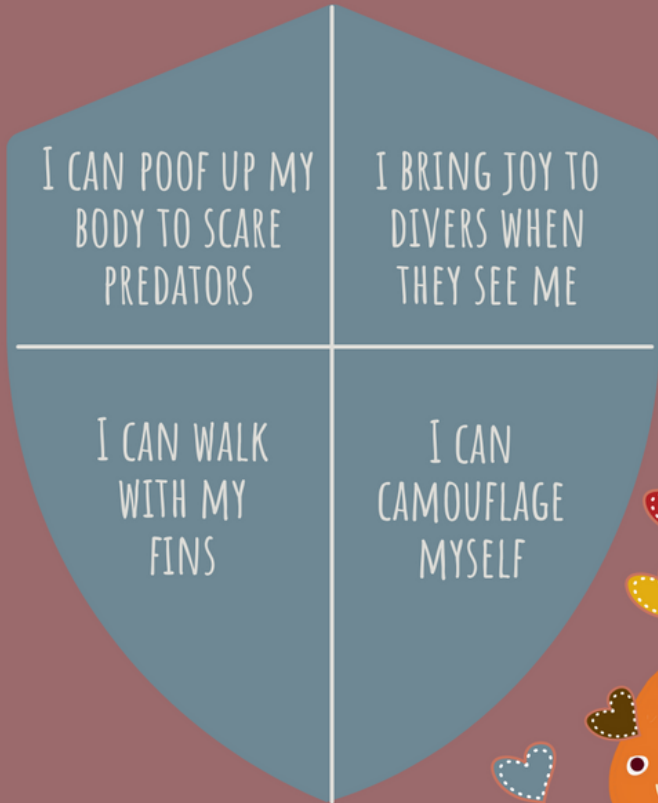
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YOGA STORY FOR STRENGTH: FINNY THE FROGFISH

.....
Finny the Frogfish was feeling confused and grumpy. Most of the fish around him like swooshing around and playing games, but he preferred to lay low on the seafloor and chill. Finny also used his fins like legs to gallop across the seafloor to get snacks instead of using them to swim! Feeling like you're different can be hard. But Finny's friends saw he was upset and told him he was unique, perfect as he is, and strong! They practiced their breathing with the "I am enough" mantra to help. "My challenges help me grow. I am strong. I am enough." Well done Finny and friends for supporting each other and taking care of yourselves!

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THEME "I AM ENOUGH" WITH FINNY FROGFISH



FINNY THE FROGFISH

ACTIVITY

"strengths shield"

Draw and colour a "Strengths Shield." You can do together with your little ones as a chance for parent-child bonding, as well as in the classroom for discussion time! Have your little one write down four of their strengths, one in each section, while you create your own shield too.

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ACTIVITY

"worry monster"

If your little ones have worries on their minds, try making a "Worry Monster Box!" You can use an old tissue box (or any cardboard box), then colour and decorate it to make it look like a monster. They can put their worries into the box for the monster to munch and help them go away! This also provides a good opportunity for them to talk about their worries with you before the hungry monster makes the worries disappear.

FINNY FROGFISH BEFORE ACTIVITY



FINNY FROGFISH AFTER ACTIVITY



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THEME "I AM ENOUGH" WITH FINNY FROGFISH

"swimming pose" YOGA MOVEMENT



This is especially fun as a group with your family and/or in your classroom. Lie on your belly and pretend to swim! Extend your arms and legs, take a nice, full breath in, swing your arms and kick your legs! Enjoy the nice, long stretches as you move. You can even practice an affirmation during this activity, such as "My challenges help me grow." Look at you swimming with such strength and ease!

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BREATHING EXERCISE

"strong, courageous heart"

Get cosy in your seat or on the floor and rest your eyes. Place one hand on your heart, and the other hand on top. Inhale, and breathe strength and courage into your heart, then slowly release. Perhaps think of one of your strengths from your "Strengths Shield" and breathe that into the heart and mind too. Exhale gently out of the mouth. Inhale, sending strength and courage to your heart... Feel the heart open and visualize strong, courageous energy filling it up. Exhale slowly. Repeat this breathing as many times as you need. [HERE](#)



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winter

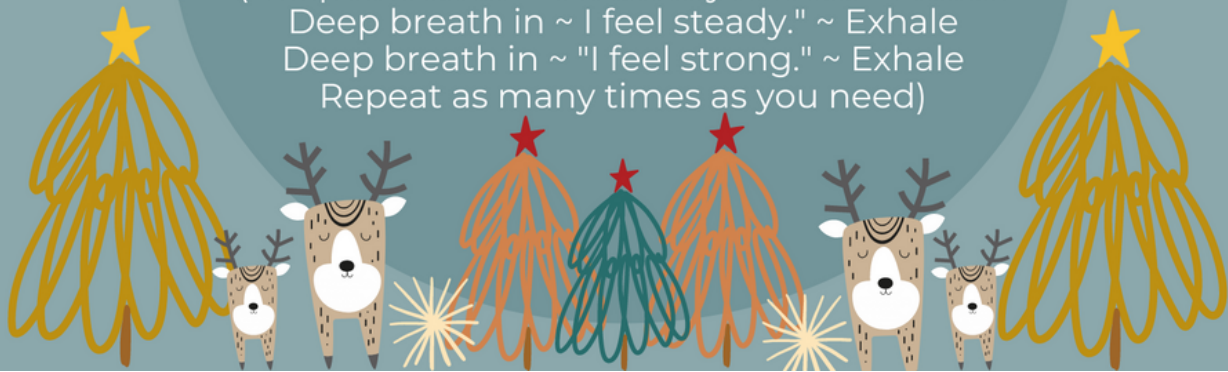


THEME: "RESILIENT DEER IN WINTER"

"CALMING MANTRA" FOR CHILDREN

.....
"I calm my breath.
I feel steady.
I feel strong."

(Deep breath in ~ "I calm my breath. ~ Exhale
Deep breath in ~ "I feel steady." ~ Exhale
Deep breath in ~ "I feel strong." ~ Exhale
Repeat as many times as you need)



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YOGA STORY FOR CALM AND GROUNDING: DASH THE WHITE-TAILED DEER

.....
Dash the White-Tailed Deer is majestic and strong! Although Dash can run up to 40 miles per hour, jump 9 foot fences, and swim 13 miles per hour, he was still nervous about the colder days ahead. Just as Dash feeds his body for strength and endurance, he reminded himself that he can also feed his mind! He remembered his special mantra to calm his brain.

He took a big breath in and said to himself "I calm my breath, I feel steady, I feel strong," and repeated it a few times until he felt peaceful and relaxed again. Well done Dash!

(Facts via StateSymbolsUsa.com)

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MINDFUL MOMENTS ADVICE FROM A DEER

Remember that your breath is always here for you.

Say, "I calm my breath. I feel steady. I feel strong." when you feel overwhelmed.

Use your strong brain to help you leap into winter!

Stop and enjoy the beauty of the nature around you and the earth you walk on.

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BREATHING TECHNIQUE "BOX BREATHING"

Sometimes things feel overwhelming, especially during the holiday season. To bring some calm into the moment and ground yourself, find a comfortable seated position or lay down if you prefer. You can even pause at your desk or while cooking a meal! Bring awareness to the breath, and start to inhale through the nose for a slow count of 4... Hold the breath for 4... Exhale out of the nose for 4, and hold again for 4. Repeat this for as long as you need.

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THEME: "RESILIENT DEER IN WINTER"



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.



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"REST YOUR MIND JAR"

Find an old jar and have fun decorating it with stickers! Add some glitter, gems or sequin, sand and/or food colouring, etc. on the inside and then add water. Close the lid tight! Explain to your little ones that when you shake the jar, the glitter and sequins moving about inside represents your mind feeling busy. You can explain that as the glitter settles, this is your mind calming, and practice breathing deeply and slowly while the contents of the jar settle.



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"golden you"

MANTRA FOR SELF-LOVE

.....

"I am resilient.
I am full of golden abundance.
I am enough."

(Deep breath in ~ "I am resilient. ~ Exhale
Deep breath in ~ "I am full of golden abundance." ~ Exhale
Deep breath in ~ "I am enough." ~ Exhale
Repeat as many times as you need)



HERE

"i need a break"

PARENT/CAREGIVER TIME-OUT

The little ones around you watch how you handle stress. Giving yourself a time-out to breathe during tense moments provides peace for your heart and mind, as well as for those around you, and also demonstrates positive modelling aka, "Monkey See, Monkey Do!" It's ok to give yourself a break ~ Practicing some healing breaths, along with thinking of things you're grateful for during your time-out can help you too.



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Breathe into the heart

"GOLDEN HEART BREATH"

Get cosy in your seat or on the floor and rest your eyes. Place one hand on your heart, and the other hand on top. Breathe in through the nose slowly, and direct some warm, golden energy to the heart... Exhale gently out of the mouth. Inhale, sending love and gratitude to your heart... Feel the heart open and visualize the warm, golden, healing air filling it up. Exhale slowly. Repeat this breathing as many times as you need.

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"gratitude"

A GOLDEN THOUGHT FROM THE GRINCH

.....
"Then the Grinch thought of something he hadn't before.... Maybe Christmas he thought, doesn't come from a store.... Maybe Christmas perhaps, means a little bit more."

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"focus and calm"

TREE POSE

.....
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 connecting with yourself, and is always here for you.

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spring





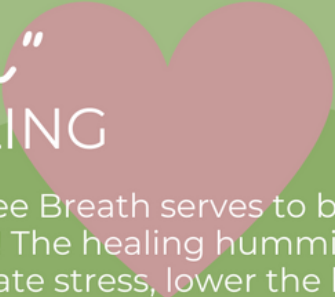
we are all connected
"MANTRA FOR PEACE AND KINDNESS"

.....
"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

"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.

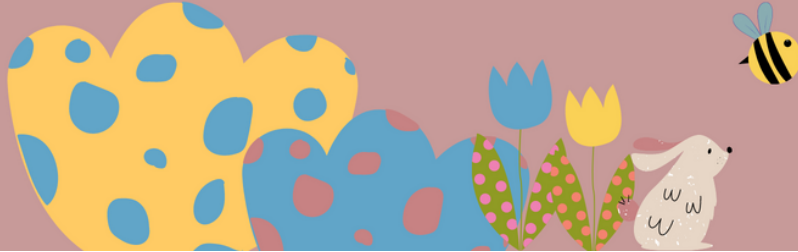
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"springtime awareness"

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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"connect with the earth"

SUNFLOWER POSE + STRETCH

.....

Stand tall and widen your feet. Breathe in and stretch your arms up high over your head, then breathe out as you begin to bend the knees, stretch your arms wide and draw a big sunflower face in the air! Slowly fold the upper body down to the ground, relaxing there in your forward fold and taking the weight of winter off the shoulders. Run your fingers along the ground like you're planting sunflower seeds and for a nice little stretch, then slowly rise up to continue the movement and repeat as many times as needed.



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creative activity

"PAINT YOUR OWN CUSTOM KICKS"

.....

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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YOGA STORY FOR COURAGE: ODINA THE ORCA

.....

Odina the Orca lives in the Puget Sound with her pod. She likes to play just like you! Orcas breach, which means they leap out of the water and make a big splash! They also "spyhop" and poke their heads out of the water as if they're standing up! "Orca" is a Native American name which symbolises community and protection and they must be brave. Can you name a time when you were brave? Remember your courageous mantra to help: "I am courageous. I shine bright like the moon. I enjoy new adventures."

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"SPYHOP LIKE ODINA THE ORCA"

.....

While seated with your legs crossed and hands on your knees, sit up nice and tall, and close your eyes if you wish. Take a nice, deep breath in, lift your chin and stretch your neck high as if you're poking your head out of water like an Orca spyhopping! Say, "I am courageous." Breathe out and relax. Deep breath in and spyhop, "I am bright like the moon." Breathe out and relax. Deep breath in and spyhop, "I enjoy new adventures." Breathe out and relax. Repeat.



[HERE](#)

THEME: "BLUE MOONS AND ORCAS"



"BLUE MOONS AND ORCAS"

A MANTRA FOR COURAGEOUS ENERGY



"I am courageous.
I shine bright like the moon.
I enjoy new adventures."



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MINDFUL ACTIVITY: "YOU GOT THIS!" 3 THINGS I'M LOOKING FORWARD TO

Our days can present many changes and challenges, but just like Odina the Orca, you can do it! Write down 3 things you're looking forward to tackling (but may be a bit nervous about), and as part of the discussion, give each other "High Fives" and say, "You got this!"

1
2
3



"THE WORLD WE LIVE IN" HELPING ODINA THE ORCA

The Southern Resident Orcas, like Odina, are critically endangered. We can make choices to help her and her pod!

- The Southern Resident orca whales mostly eat almost exclusively Chinook salmon. When choosing your next meal, opt for salmon other than Chinook or farmed.
- Ask for "Sustainable Seafood" when shopping
- Reduce your plastic use
- Support local cleanup efforts

~Source: The San Juan Islands Visitors Bureau



summer



"calm cloud breath"

BREATHE IN LIGHTNESS



Sit up tall, or lay down on your back, resting your hands on your tummy and heart. Breathe in slowly, and then as you breathe out, round your lips (like when you drink from a straw), lift your chin, and gently blow out a lovely, slow, calm breath. Breathe in again, round your lips, and breathe out slowly...Repeat several times and feel as calm and light as a fluffy cloud.

HERE



YOGA STORY FOR CALM: BAHA THE BIGHORN SHEEP

.....

After starting the year well, Baha the bighorn sheep found he was forgetting to talk about his feelings! But remembering how good it feels to talk and share, he laid down on the soft grass, looked up at the beautiful, blue sky, and practiced his "Calm Cloud Breath." Baha took a big slow breath in, rounded his mouth like an "o," and then slowly breathed out, imagining that he was blowing the fluffiest white cloud full of worries away and into the sky. "Baaaaa" said Baha with joy as he watched the cloud carry his worries away up into the sky! Well done Baha for using your "Calm Cloud Breath" to feel lighter and more relaxed.

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"calm as a cloud" MANTRA FOR CHILDREN

Get in a cosy position either seated or resting in Savasana (lying down with palms facing the sky). Close your eyes if you wish, take a nice deep breath in and say, "I am a calm cloud." Breathe out. Deep breath in, "I am a good listener." Breathe out. Another deep breath in, "I speak with kindness." Breathe out. Repeat.

"I am a calm cloud.
I am a good listener.
I speak with kindness."



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"rainbow of feelings" ACTIVITY

How have you and your little ones been feeling recently? It's important to share how you feel, and remember that all feelings are ok. You can draw a rainbow and write down your feelings within the colours, then talk about them with each other to create greater connection and understanding of each other.



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MINDFUL ACTIVITY

"THUMBS CHECK-IN"

Check in with students and how they're feeling with the thumbs! Thumbs up for good, flat for neutral, down for not so good. You can do this first thing in the morning and/or before the end of the day. Encourage communication of feelings and positively modelling this.

[HERE](#)



MINDFUL ACTIVITY

"PAINT THE SKY"

Explore colors, emotions and creativity with finger painting! Have some fun painting a lovely, blue sky! The children can add calm clouds, rainbows or the sea below too... Let their imagination run wild with what a calming sky means and looks like to them.

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YOGA MOVEMENT

"HELLO BEAUTIFUL SKY!"



Take a nice deep breath in, arms over the head, and as you look up, wave to the sky, "Hello beautiful sky!" Bend over slowly, breathe out, stretching arms forward, "Hello beautiful earth!" Lift up, hands to heart, "Hello to the love in my heart!" Stretch the arms out to the side, "Hello to all who are around."

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"HIPPO BREATH"

Don't forget to bring some fun and connect the voice and breath with this breathing technique, all while you can get rid of some of the stale air at the base of your lungs! Take a nice, deep breath in, and with hands on your tummy release a happy hippo sound which is a bit like Santa's "ho ho ho." Feel your hands lower every time you do the sound. Try and last for as long as you can! Use this to bring you and your little ones to stillness and also to bring joy due to the silly nature of the sound it creates!



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YOGA STORY FOR CONFIDENCE: HENRY THE HIPPO

Henry looks like a regular, happy hippo, going about his day, swimming in the lake and relaxing in the hot sun. But sometimes Henry thinks there is nothing special about him which makes him feel sad. The truth is, Henry has something very special about him, just like you and I do! Not only is he unique, but he can also sing "Row, Row, Row Your Boat" to the other hippos in his herd! Whenever he forgets how amazing and special he is, he practices his "Happy Hippo Breath" which makes him feel calm, brings a smile to his face and helps him remember what is special about him. Well done Henry! Do you have a special power like Henry too?

HERE



OUR WORLD

FIONA THE HIPPO



Have you heard about baby Fiona, the world-famous hippo at the Cincinnati Zoo? She's a beautiful, fun creature to study! "The Nile hippo protects its habitat in Africa and benefits all species that share their ecosystem. 'Hippos are 'ecosystem engineers', meaning they shape the environment around them." ~ Cincinnati Zoo. Learn more about Fiona and other hippos on the Cincinnati Zoo site!

(Image: Cincinnati Zoo YouTube) [HERE](#)

MINDFUL ACTIVITY

THREE THINGS I LOVE ABOUT ME

You can use this as a writing and colouring activity and/or as a discussion activity! Have the little ones draw their own pictures, or use this card as a model (or print). Enjoy!



BUILD RESILIENCE

HAPPY HIPPO MANTRA



"I am an amazing person.
I am as happy as a hippo!
I believe in myself."



HERE

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thank you for being here!



let's stay in touch!

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