

THEME: "BREAKING THROUGH LIKE A LOTUS  
THROUGH MUD AND WATER"

Lighter days are ahead. Just like the lotus flower, we can move through even the toughest of challenges and murky water, emerging stronger and more beautiful on the other side. Feel your roots grounding you into the earth... Feel your gentle heartbeat and slow down the breath... Feel connected to yourself, and to nature... It is within us to rise through challenge, just as the lotus flower does.

Try the mantra: "I have come so far. I am breaking through tough times like a lotus through mud and water. Lighter days are ahead."  
May you be safe. May you be healthy. May you be loved.  
We are here for you, for them.



"BREAKING THROUGH LIKE A LOTUS" MANTRA

"I have come so far.  
I am breaking through tough times  
like a lotus through mud and water.  
Lighter days are ahead."



# ACTIVITY

## What Do You See Blooming



Connect with nature and notice what is changing colours, starting to pop through the ground, or what's already beginning to bloom! Have your children or students write down their findings and even colour pictures! Here are some examples you may find around the world.

### NEBRASKA

1. Daffodils
2. Tulips
3. Watch the browns in trees and on the ground turn colours

### LONDON

1. Cherry Blossoms
2. Magnolia Blossoms
3. Daffodils

### PACIFIC NORTHWEST

1. Cherry Blossoms
2. Tulips
3. Daffodils



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# THE WORLD WE LIVE IN

## Lotus



- 1 LOTUS IS A FLOATING, AQUATIC PLANT.
- 2 LOTUS ORIGINATES FROM SOUTHERN PARTS OF ASIA AND AUSTRALIA, BUT IT CAN BE FOUND IN AQUATIC CULTURES THROUGHOUT THE WORLD TODAY.
- 3 LOTUS CAN SURVIVE THOUSANDS OF YEARS AND EVEN TO REVIVE AFTER LONG PERIODS OF DORMANCY.

via [SoftSchools.com](https://SoftSchools.com)

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# ACTIVITY

## Make a Lotus Mudra



You can practice this mudra during a meditation or during a mindful moment and quiet time. Bring your palms together and keep the thumb and little finger pressing together as you round the palms and fingers out into a circular shape. Close your eyes, and take nice, slow, deep breaths in and out.

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## TREE POSE WITH ALBY & FRIENDS

Stand nice and tall! Put your weight on your left leg, take a deep breath in, and slowly place your right leg inside your left thigh or knee. Focus, breathe easy, and raise your arms up if you can! If you're in a group or with another person, connect your hands to make a forest like Alby & Magical Tree. Keep breathing easy.... Then slowly exhale, and repeat for your other leg too. Tree Pose helps with focus and calm and is always here for you. Well done!



HERE  
For You For Them