THEME: "WINTERGOLD AND GRATITUDE"

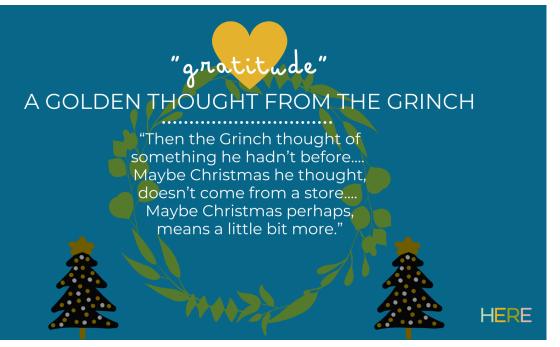


"i need a break" PARENT/CAREGIVER TIME-OUT

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.









"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.



HERE