

THEME: "THIS MOMENT SHALL PASS" MINDFUL ACTIVITY PACK



When things feel overwhelming,
Every day is a struggle,
And affecting daily experiences and thoughts,
Take a moment to ground yourself,
And bring your awareness to the here and now.

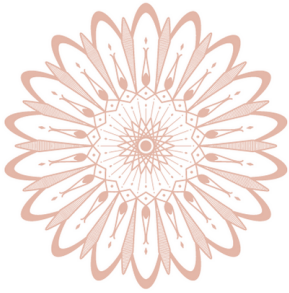
Remember to take each moment as it comes,
Each minute...Each hour...Each day.
And remind yourself,
'This is just a moment, and it too shall pass.'

May you be safe. May you be healthy. May you be loved.
Now breathe in... And breathe out...

We are here for you, for them.



MANTRA:
"This is just a moment, and it too shall pass."



CHALLENGE

Share Your Experiences and Thoughts



It's ok to not be ok! Sharing your thoughts can help release burdens. Write down your thoughts to yourself, or connect with someone to share with them. Doing this can help us understand ourselves more, and let go of emotion rather than let it build up.



ACTIVITY

Don't Bottle Things Up



With a child or the children in your classroom, draw a picture of a bottle and on it, write things you are feeling inside that you are bottling up. You can talk about one each of these feelings together, or work on one emotion each week in your classroom or one-to-one settings.





ACTIVITY: "HELP FOR GROUNDING MYSELF"

An impactful grounding breathing technique you can turn to when feeling overwhelmed is Box Breathing. Breathe in for four counts, hold the breath in for four counts, breathe out slowly for four counts, and hold the breath out for four counts.

You can have this as a reminder on your wall, or even draw a picture of a box and within in remember all of the things you can do when you find yourself feeling overwhelmed.

BOX BREATHING

PAUSE AND REMIND MYSELF THAT THIS WILL PASS

TAKE A WALK OUTSIDE

WRITE DOWN MY FEELINGS OR SHARE THEM WITH SOMEONE

