

THEME: "I AM HERE. I AM GROUNDED."
MINDFUL ACTIVITIES FOR FAMILIES AND CLASSROOMS

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.



ACTIVITY

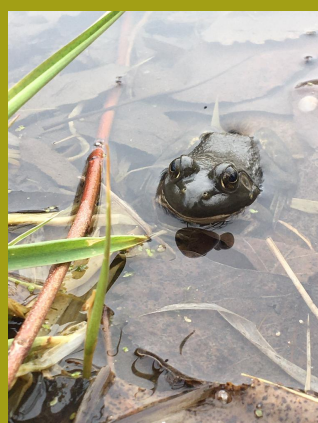
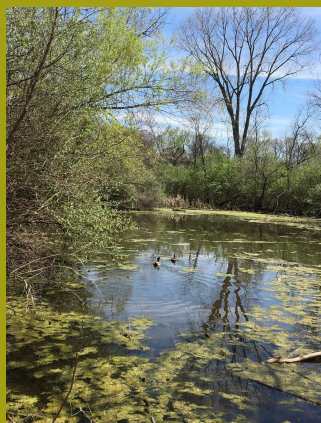
Connect With Nature

Can you and your little ones find something new on a walk outside? Maybe find out the name of a tree or your favourite smelling flower. Look on the ground.... Are there any walnuts, conkers, leaves or bugs? Talk about your findings and you can even research them more when you get home!



HERE

EXAMPLE: HERON HAVEN FROGS, OMAHA, NE



Nature provides an incredible opportunity to help you not only with grounding yourself and healing, but also to learn about the beauty of this earth!

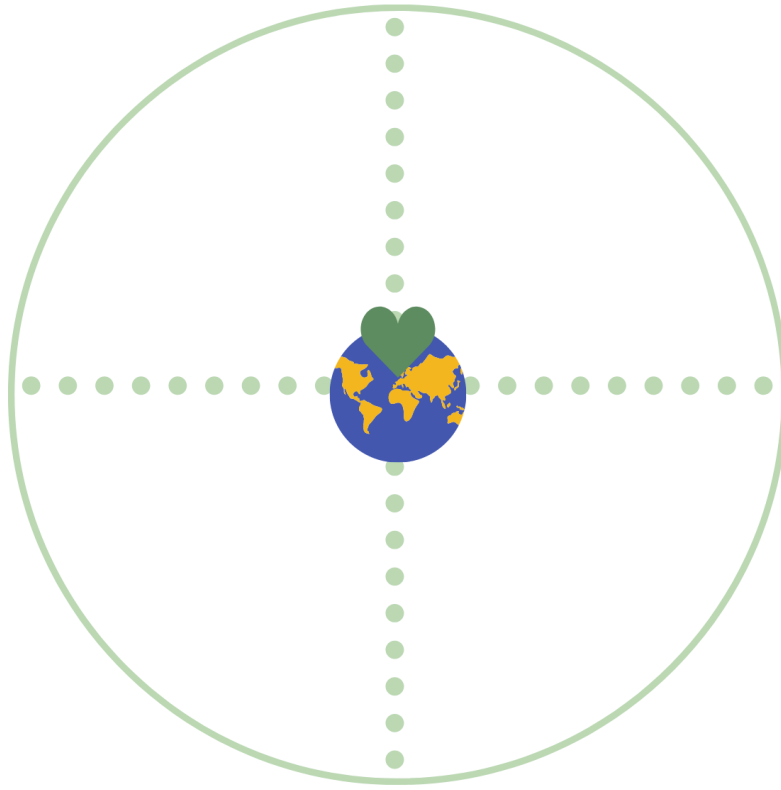
A favourite example: Visiting the frogs at Heron Haven not only provides a way to study them in real life, but also for when you return home.

We recommend watching "Fabulous Frogs" on PBS and then discussing what you learned after!



WAYS I CAN BE KIND TO THE EARTH

In each section, write down a way you can be kind the earth and draw a picture too!



THINGS I CAN DO TO GROUND MYSELF

What are some things you can do to help calm your mind, focus and bring you back to the present moment? You can draw pictures with your ideas too!

1

2

3

4





GROUNDING MANTRA

.....
"I am here. I am grounded."

"I AM HERE. I AM GROUNDED."

I am here.
I am grounded.

Be here with your body in the present moment and feel grounded.

Get cosy.
Practice being still.
Take a nice deep breath in and say, "I am here."
Exhale and say, "I am grounded."

"I am here. I am grounded."

Repeat as many times as needed.

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.

HERE

HERE
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