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yoga stories for children

# "ZENABELLE THE TUTU-CLAM"







Once upon a tide,  
in a sea so grand,  
Lived Zenabelle the  
Tutu-Clam, on golden,  
sparkling sand.  
Her shell was like a  
cotton ball,  
And she wore a lil' tutu...  
The cutest of all!





With frills and lace, her  
tutu swayed,  
As ocean currents  
danced and played.  
But sometimes the  
waves grew strong  
and wild,  
Yet Zenabelle remained  
calm... never riled.





"How do you do it?"  
asked a fish swimming  
by with a splash and a  
swish.

"Ocean moods can be  
quite vast...

How do you make your  
calmness last?"





Zenabelle smiled, her  
eyes a gleam,

"I use my breath, as  
simple as it seems.

When tides are high,  
and when they're low,  
I breathe in and out,  
very, very slow."





“Inhale the peace, then  
exhale what’s stale,  
It's like setting out to sea  
with a gentle sail.  
The salty water may try  
its might,  
But my breath is here to  
keep me light.”





"It gives me strength to  
face the tide!

It's my secret, in which I  
confide.

So when the waters test  
my stance...

My breath gives me a  
second chance."







The fish was amazed,  
"That's truly grand!  
Your wisdom fills the  
sea and sand."





So if you're caught in  
life's ebb and flow...  
Remember Zenabelle  
and the calm she'd  
show.





Breathe in and out, and  
find your grace,  
Like Zenabelle in her  
tutu lace.

For resilience isn't just  
wish and want...

It's the quiet strength of  
Zenabelle the Tutu-  
Clam's jaunt.

*~ the end ~*





## "three healing breaths"



It's as simple as it sounds and one of the most healing practices we can do.

"Three Healing Breaths" is a great activity for "Mindful Moments" at school, home, and in your work with children and teens.

Get comfortable and close your eyes. Begin to breathe in through the nose, bringing the breath into the lungs and diaphragm and then slowly letting it out through the nose or mouth.

Repeat three times (or more if needed!).