

THEME: "YOU ARE WORTHY OF LOVE"



Our heart chakra relates to our ability to give and receive love, to feel balance in our lives, compassion, empathy, and forgiveness. When we experience stress and negative emotions, or find difficulty in accepting or letting things go, we can sometimes feel a blockage in our hearts...

But we can help ourselves by opening our hearts. We can physically open the heart centre through yoga, say heart chakra mantras, and practice loving kindness towards ourselves and others.

Take a moment here... Breathe into the heart... And remind yourself that you are worthy of love.

May you be safe. May you be healthy. May you be loved.

We are here for you, for them.

Love Mantra



"Today my heart is open.
I accept things as they are.
I am worthy of love."

(Take a deep breath in and say "Today my heart is open." Exhale. Another deep breath in and say, "I accept things as they are." Exhale. Inhale, "I am worthy of love.")





ACTIVITY

Breathe Into Your Heart



Take a moment to sit, place both hands over your heart space and breathe into your heart. Fill your heart with a positive thought about yourself, or maybe practice the self-love mantra, and breathe out.



HERE

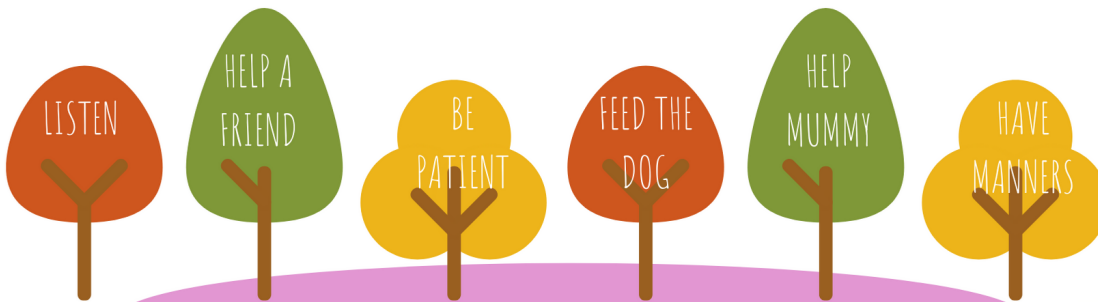


ACTIVITY

Kindness Tree



Being kind will help us grow! Let's draw a picture of a tree (or trees) and then write a kind act on each leaf or on the tree. You can do this as a family or classroom activity and get everyone thinking about ways to be kind to themselves and each other.



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