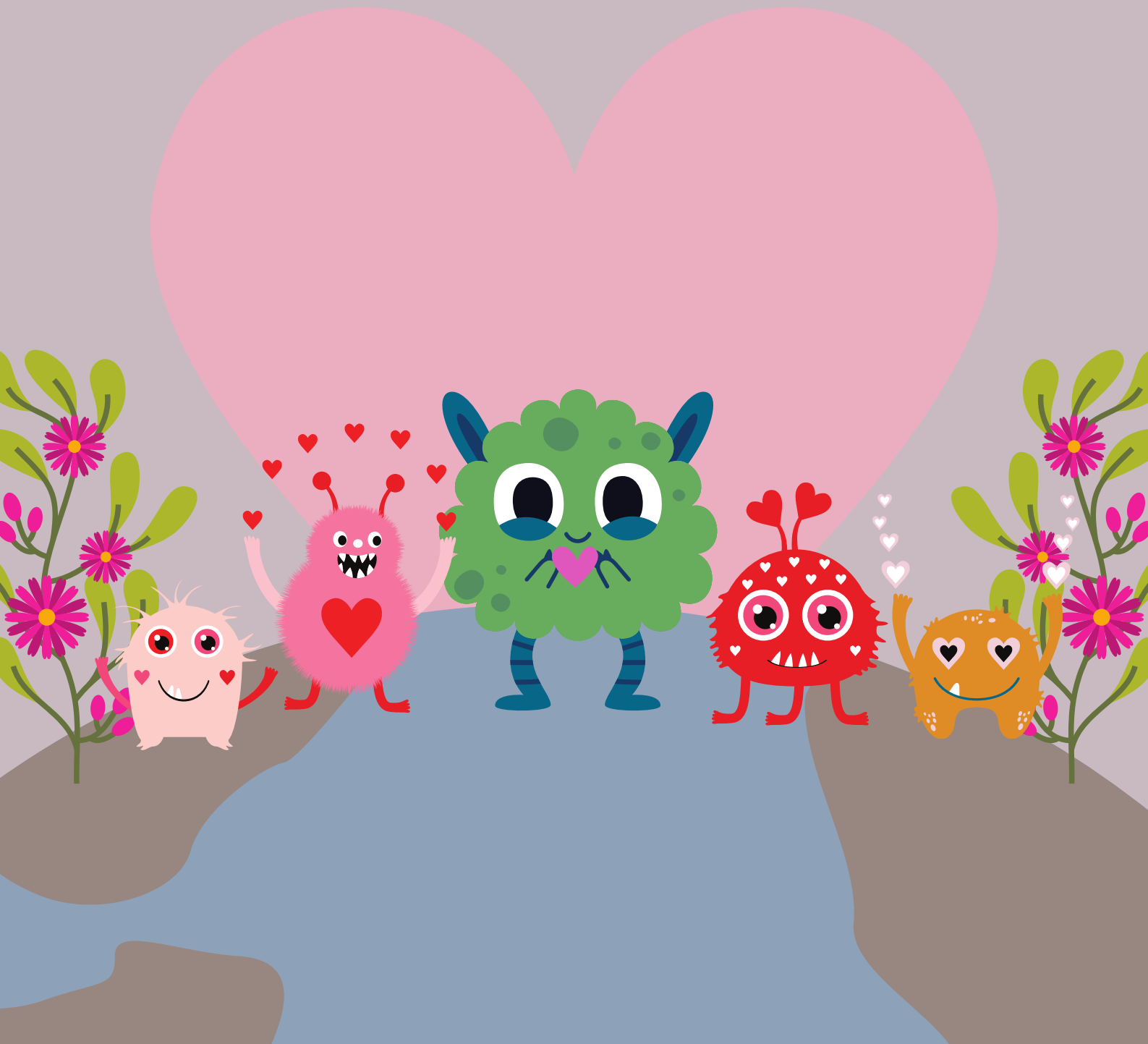


HERE



MINDFULNESS TOOLBOX WITH
LOVELLA THE GREEN GLITTEROON

"you are worthy of love"





activities



Story: “I Am Enough” with Lovella the Green Glitteroon

Affirmation For Self-Love

Breathing Exercise: “Breathe Into The Heart”

Breathing Exercise: “Joyful Breath”

Yoga Stretch: “Cat-Cow” For Heart-Opening

Creative Activity: “Kindness Tree”

Story: “You Are Worthy Of Love” with Lovella the Green Glitteroon

- Plus two images at the end of Lovella the Green Glitteroon for Smart Board displays and projections during stories and/or activities



"I AM ENOUGH" WITH LOVELLA, THE GREEN GLITTEROON

(This is a great little rhyme to read to children before the "I Love Myself" meditation or any breathing exercises!)

Hey there, little stars, it's me, Lovella,
Your friend, the Green Glitteroon, a real good bella.
I'm here to remind you, in your busy day,
To pause for a moment, to breathe and to say:

"Right now is a gift and called the present,"
Close your eyes, take a breath, isn't it pleasant?
Feel your feet on the ground, hear the sounds near
and far... Open your heart, be right where you are.

When feelings are stormy, or you're feeling down...
Remember, it's okay to wear a frown.
But just like the clouds, these feelings will pass...
Just breathe through the moments, this too shall pass.

If you're ever in doubt or feeling alone,
Remember to speak in a kind, gentle tone.
Whisper softly to yourself, "I am enough,"
Give yourself a hug and say it again, "I am enough."

So take this reminder, keep it close, hold it dear...
Lovella is here, you have nothing to fear.
With each mindful moment, you'll shine and
you'll glow...And know that you're loved more
than you know.





affirmation for self-love for

SCRIPT:

“Let’s take a moment to be still and rest our minds. Ready?”

Take a deep breath in and say to ourselves ‘I am loved.’

Now softly breathe out.

Breathe in again and say ‘I have a big, warm heart’..... and breathe out.

Take one more breath in and say ‘I care about myself and others’..... Now breathe out.”



**“I AM LOVED,
I HAVE A BIG, WARM HEART,
I CARE ABOUT MYSELF AND OTHERS.”**



“breathe into the heart”



BREATHING EXERCISE SCRIPT

(Pause between sentences and take your time reading.)

“Let’s get cosy. Take a moment to shake out all the wiggles! Let’s take a deep breath, and let it all out now... Close your eyes if that’s comfortable for you. Place one hand on your heart, and the other hand on top. Start to breathe nice and slowly, directing the breath and warm energy to the heart, as you breathe through the nose and out of the mouth. Feel the heart open and visualise the warm, healing air filling it up. Keep breathing. Nice, slow breaths into your heart. Breathe out through your mouth. Again ~ Breathe in warm, healing energy to your heart. Breathe out slowly through your mouth. Let’s stay here for a moment, breathing in that warm, healing air to your heart... Breathe out.”



“joyful breath”

SCRIPT (READ NICE AND SLOWLY, PAUSING BETWEEN SENTENCES):

“The element that relates to the heart chakra is air, and we can use our breath to help open this energy centre. Alongside this, the emotion of the heart is joy, so for this breath we’re going to focus on filling our hearts with happiness!

Let’s pause and take a deep breath in... and now blow it all out. Close your eyes if you wish or look down to the earth. Think of something that brings you happiness... A favourite memory, or a person, or perhaps a place. Take a moment to think about this something that makes you smile from the inside.

Now, breathe this joyful thought into your heart. Gently breathe out. Breathe in the happy thought to your heart and feel it filling up with warmth....

Breathe out again. Enjoy the feeling of warmth and happiness fill your heart right to the top. Remember your breath is always here for you. Now slowly open your eyes. Well done.”





“cat-cow heart-opening stretch”

SCRIPT FOR GUIDING CHILDREN:

“Let’s take a moment either on the floor or seated, where we will open our hearts.

If on a chair, place your hands on your thighs. If on the floor, get comfortable on all fours. As you breathe in, move your head back slowly and gently as you lift your chin and look up to the sky and open your heart... Draw the shoulders back slowly for a gentle backbend (you can moo like cow here if you want!).

Let’s breathe out as you round the back and drop the chin to the chest (you can meow like a cat here too!) Well done! Let’s try a few more times.

As you breathe in, move your head back slowly and gently as you lift your chin and look up to the sky, and open your heart... Draw the shoulders back slowly for a gentle backbend (moo!). Let’s breathe out as you round the back and drop the chin to the chest (meow!).

Go through this movement a few times nice and slowly until you feel calm and refreshed.”



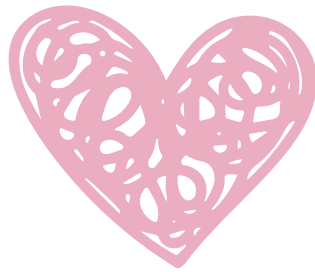


creative activity

“KINDNESS TREE”

Spreading kindness helps us and others grow! Cut out paper hearts (or purchase from a craft store) and write words of kindness about yourself and/or others on the heart. Everyone in the classroom and/or at home can write on as many hearts as they want! Hang the hearts on a plant in your home or school, or, create tree art with paper. This is a wonderful bonding activity that can be a one-time project or ongoing.





"YOU ARE WORTHY OF LOVE" WITH LOVELLA, THE GREEN GLITTEROON

(This is a great little rhyme to read to children before the "I Love Myself" meditation or any breathing exercises!)

In a forest of sparkle, where dreams come to play,
lives Lovella the Glitteroon, bright as day.
With her green shimmering fur and a heart so grand,
she teaches us lessons to understand.

"Accept who you are," she says with a smile,
"Each part of you is worth the while.
Embrace your uniqueness, let it be seen,
Just like my fur, so bright and green."

"With love and support, we make our way,
Understanding others, in what they say.
Empathy is the gift we freely share,
Helping others is how we care."

"Loving yourself is the key to the treasure,
Forgiving yourself is a joy without measure.
You're doing your best, that's plain to see,
Remember, be kind, especially to you and me."

"Not every day will the sun brightly shine,
Some days are tough, and that's just fine.
If today's not the day, don't feel down,
Tomorrow can bring light for you and all those
around."

So listen to Lovella, the wise Green Glitteroon,
Under moonlight's glow or the sun's high noon.
In your heart, her words will forever play,
Guiding you gently, day by day.







HERE



thank you for being here!

