

# Mountain Rising

START YOUR DAY



Grow strong and steady

## Mindful Jungle Movement

- 1 Stand mindfully with your arms relaxed by your sides. Take three soft, slow, **mindful breaths**. Keep your eyes open.
- 2 Tighten and relax the muscles in your toes, ankles and legs. Lift one foot and feel your muscles working.



- 3 Imagine you are an animal in a jungle. Begin walking silently through the jungle. Try not to make a sound.
- 4 Feel your toes helping you balance. Feel your weight in your heels. Move your arms in a slow sway.
- 5 If you start daydreaming, pay attention to your feet again.
- 6 Move slowly across the room. Notice how your hips swivel and your weight shifts when you turn.
- 7 Cross the room three times, paying full attention to how you move.

*Tip: If you use any equipment to help you move, notice how it feels and how your weight shifts when you use it.*

From ***Mindful Kids*** by Whitney Stewart

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# Joyful Jellyfish

FIND CALM



Let your fears float away

## Joyful Jellyfish

- 1 Lie down on a mat or blanket. Let your arms rest loosely by your sides.
- 2 Close your eyes and notice your tummy rising and falling with your breathing.
- 3 Feel your muscles sinking into the floor beneath you. Let your body be as still as possible.



- 4 Imagine you are a joyful jellyfish floating in the water.
- 5 Now let your worries glide off your jelly body. Feel them slip away in the water.

- 6 Float freely through the sea — nothing in your way, nothing holding you back.
- 7 When you are done, rise slowly, taking your joyful jellyfish heart with you.



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# Open Ears



Focus



Build your listening skills

## Open Ears

This is an activity for two or more people. You need a bell, a chime or something that makes a ringing sound.

- 1 Sit mindfully in a circle, with spines straight and bodies relaxed.
- 2 Choose a leader. The others close their eyes and take three soft, slow, mindful breaths.



- 3 The leader rings the bell or other object.
- 4 Listeners, pay attention to the sound. Notice how it fills the room. Raise your hand when the sound is gone.

- 5 Put down your hand and focus all your attention on the other sounds you hear, close by and far away.



- 6 The leader gives you time to listen and rings the bell again to signal listeners to open their eyes. Talk about the sounds you heard.

You have been training your ears and brain to work together.



# Cooking Up Connections

OPEN YOUR HEART



Appreciate where food comes from

From *Mindful Kids* by Whitney Stewart

## Cooking Up Connections

- 1 Sit mindfully, with your spine straight and body relaxed. Close your eyes and take three soft, slow, mindful breaths.
- 2 Think about how you are always connected to other people, plants and animals. Let's explore these connections.

- 3 Imagine eating pancakes or waffles. To make them you often need eggs from chickens, milk from cows and flour from grains.

You need farmers to milk the cows, gather the eggs and grow the grains in the ground.

You need drivers to take the milk, eggs and flour to the supermarket.

You need the people who work at the supermarket to sell the food, and your family to help you buy it. And you need somebody to cook!



- 4 Before you open your eyes, take a moment to thank all those people, plants and animals for your tasty food.

It's easy to see how we're all connected when we eat nourishing food.

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# Folding Flower

REST & RELAX



Grow peace in your heart

From ***Mindful Kids*** by Whitney Stewart

## Folding Flower

1 Lie on a mat, blanket or bed. Close your eyes and take three soft, slow, **mindful breaths**. Feel them in your nose, your lungs and your tummy.




2 Imagine a flower in your heart. Its petals are wide open. It is a flower of peace.

3 Imagine gentle light streaming down from the sky into your flower. Watch the petals of your flower slowly close around the glow of light.



4 Keep your focus on the flower. You can rest or fall asleep with the flower of peace in your heart.

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