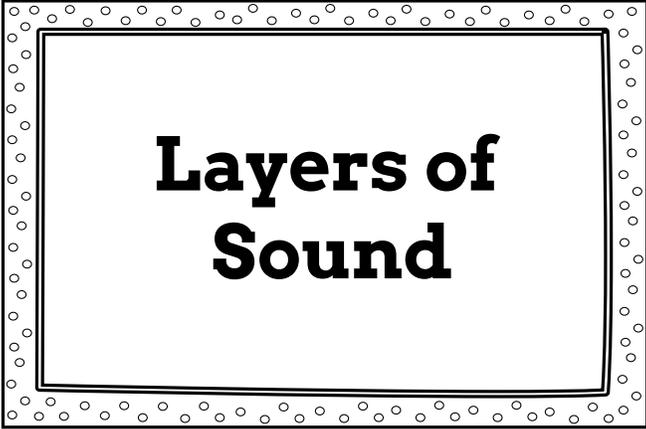




CONNECT

.....



Layers of Sound

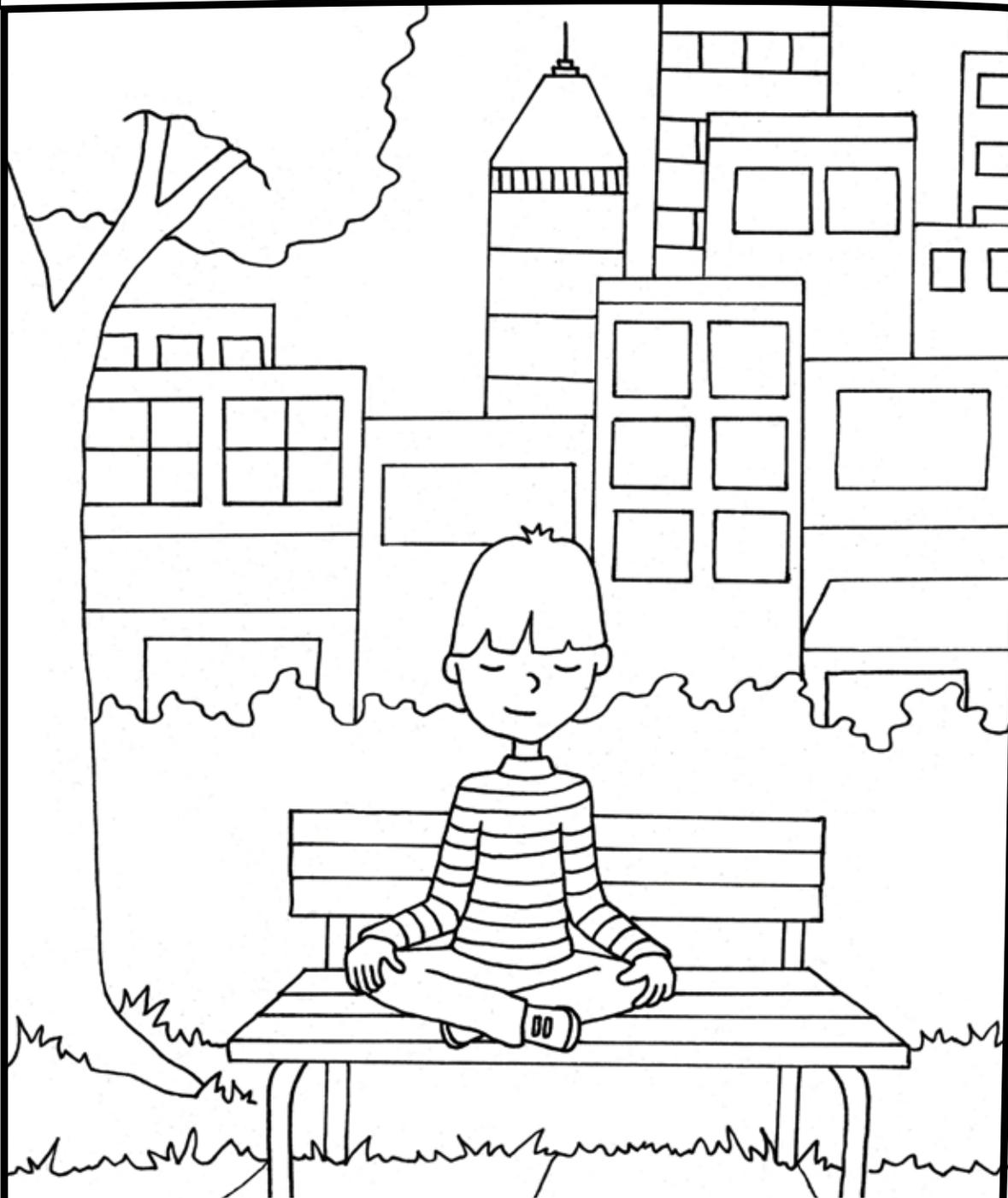
Find a still and comfortable position with your body. It's fine to sit in a chair or lean against the wall. The most important thing is that you are comfortable enough to be still. It may be helpful to close your eyes for this activity. If it doesn't feel right to close your eyes, let them rest on the ground in front of you or on one spot that isn't moving.

Take a slow breath or two to help you get ready for what is going to come next. The first thing that we are going to listen for are the sounds that are far away from us. Imagine opening your ears as wide as you can, and imagine stretching your hearing way out beyond the room you are sitting in. Listen carefully and find the farthest away sounds that you can hear. When you start hearing sounds, don't worry about identifying the sound or figuring out what is making the sound. Just notice it exactly as it is. Listen for as long as you like — 10 seconds is great to start.

Now that you have heard the farthest sounds you can find, bring your hearing in a little bit closer and find the sounds that are happening inside the building you're in.

Now bring your sense of hearing in a little closer to find the sounds that are happening just inside of the room.

Finally, bring your hearing as close as you can to listen for the sounds happening inside of your own body. After a few moments of listening to your own body, slowly open your eyes.



LAYERS OF SOUND

Layers of Sound Exploration

What were the furthest away sounds you could find?
Use the space below to write about or draw what you heard.

What could you hear a little around you, or in the room you're in?
Write about or draw what you heard.

How did you feel during this activity?
What are some words that describe
your experience?

Can you imagine a time
when you might use this practice
at home or at school?



Kind Wishes

Sit up tall. Close your eyes or look at one spot that isn't moving. If there are other people in the room, imagine that you are sitting all by yourself. Notice what it feels like to sit with yourself.

Imagine someone that you care about very much walking into the room and sitting down right in front of you. What does it feel like to sit with this person?... Let's send them some kind wishes. Say to yourself, either out loud or in your mind:

....May you be happy...May you be healthy...May you be safe....May you be strong

How did you feel when you sent kind wishes to this person? Happy? Proud? Sad? Any other feelings? Was it easy or hard to send kind wishes to this person?

Now close your eyes again and imagine someone you think is a little annoying or frustrating. Maybe your sister or brother when they are driving you crazy, or a friend you had an argument with recently. It could even be a teacher or a parent. Imagine that person walking into the room and sitting down in front of you. What does it feel like to sit with this person?... Let's send them some kind wishes. Say to yourself, out loud or silently,

....May you be happy...May you be healthy...May you be safe...May you be strong

How did it feel to send this person kind wishes?

Now close your eyes, and imagine yourself sitting with a mirror in front of you. Look into the mirror and notice what it feels like to sit here with yourself... Now send some kind feelings to yourself, by saying

....May I be happy...May I be healthy...May I be safe...May I be strong

Notice what it feels like to send these kind wishes to yourself. Take a few steady breaths, and when you are ready, open your eyes.



KIND WISHES

Kind Wishes Exploration

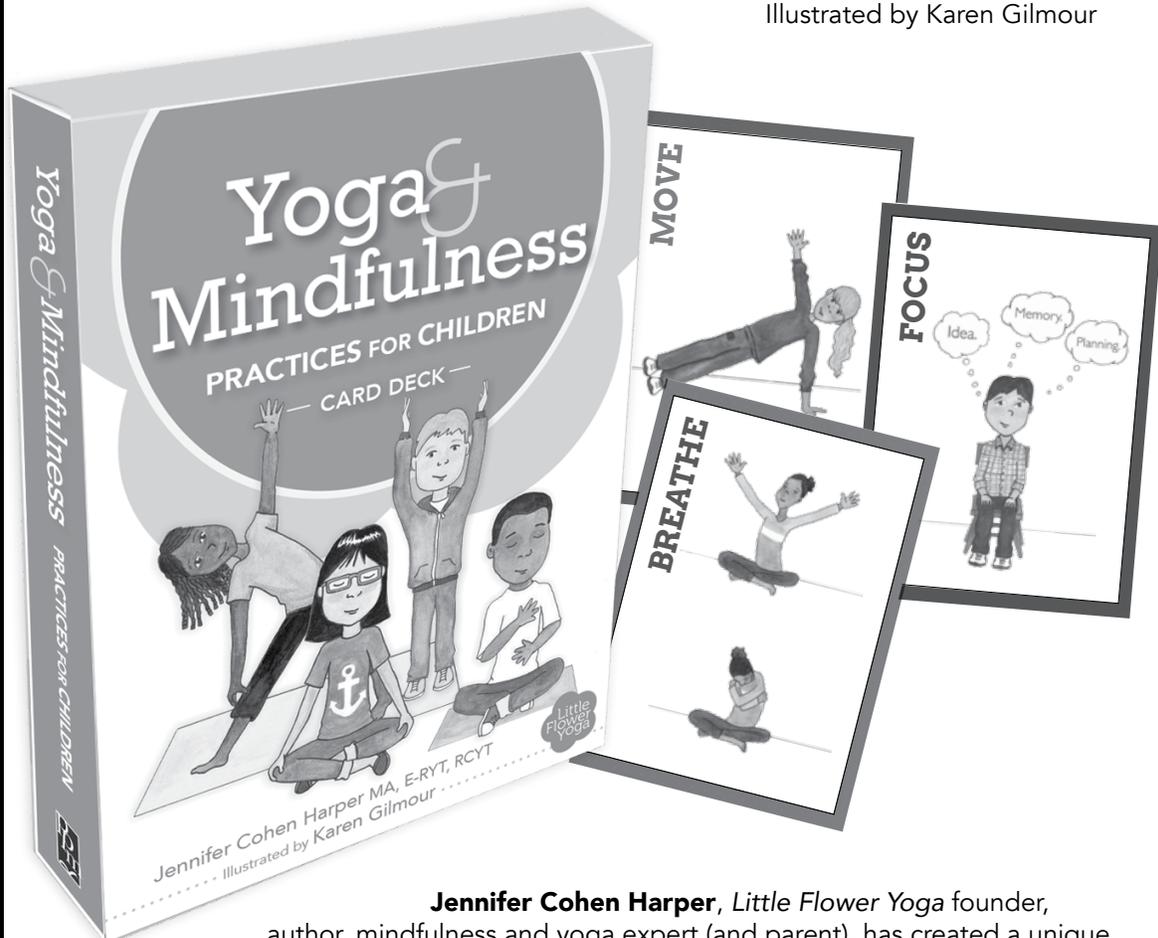
Who are the people in your life that it's easiest to be kind to?

Is it ever hard for you to be kind
to other people? When?

Is it ever hard to be kind
toward yourself? When?

Also by Jennifer Cohen Harper

Illustrated by Karen Gilmour



Jennifer Cohen Harper, Little Flower Yoga founder, author, mindfulness and yoga expert (and parent), has created a unique resource to help children embrace their full potential.

Yoga and Mindfulness Practices for Children Card Deck offers over 50 activities to support health, well-being, empowerment and an improved capacity to navigate the many stressors of life without becoming overwhelmed. Beautifully illustrated by children's yoga teacher, Karen Gilmour, coupled with easy-to-read instructions.

Divided into five elements, **Connect, Breathe, Move, Focus and Relax**, this card deck is a comprehensive yet accessible tool kit for children themselves, as well as parents, teachers, clinicians and others interested in helping support self-awareness and increased personal power in young people.

Activities and practice sequences include:

- Heart and Belly Breathing
- Feeling my Strength
- Grounding in the Present
- Managing Anxiety
- Relaxing and Restoring
- Engaging my Compassion
- Checking In with My Feelings
- Naming My Thoughts

