

Feel Calmer



Improved Sleep



More Empathic



Lower Stress



Kinder Behaviour



Less Reactive



Deeper Relaxation



Stronger Immunity



Greater Contentment



Reduced Anxiety



Mindful meditation exercises have numerous scientifically proven benefits, which is why they are used in schools, hospitals and prisons.

Increased Focus



THE GOLDEN RULE:

DO NOT DISTURB OTHERS WHO ARE TRYING TO BE MINDFUL!

Article 24: Your right to the best possible health.

Article 31: Your right to relax.





Candle Breathing



Rainbow
Balloon
Breathing



Emotion



Heartbeat

Gentle
Nose Breathing
4-4-4-4

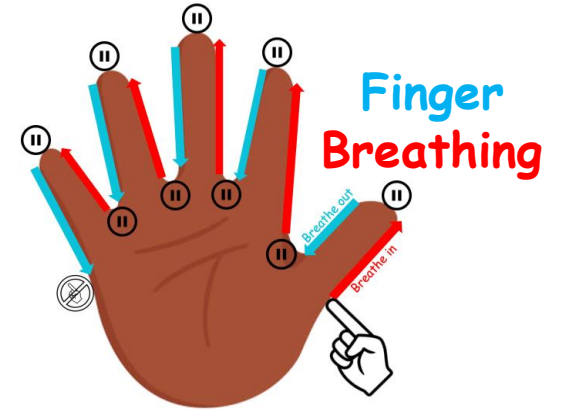


daily mindfulness exercises



REGISTRATION MEDITATION

Please practice at home



Finger
Breathing



Help &
Kindness

Throne Sitting
(weight of hands, body, feet)



Sunrise
Sunset



Thankful &
Grateful :)



BODY
SCAN

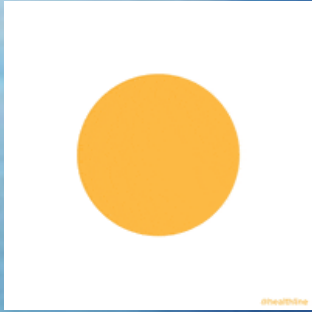
Listening



Candle Breathing exercise

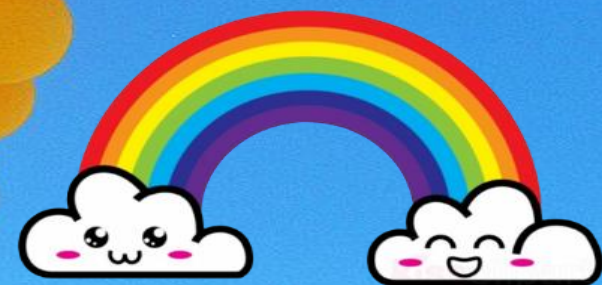
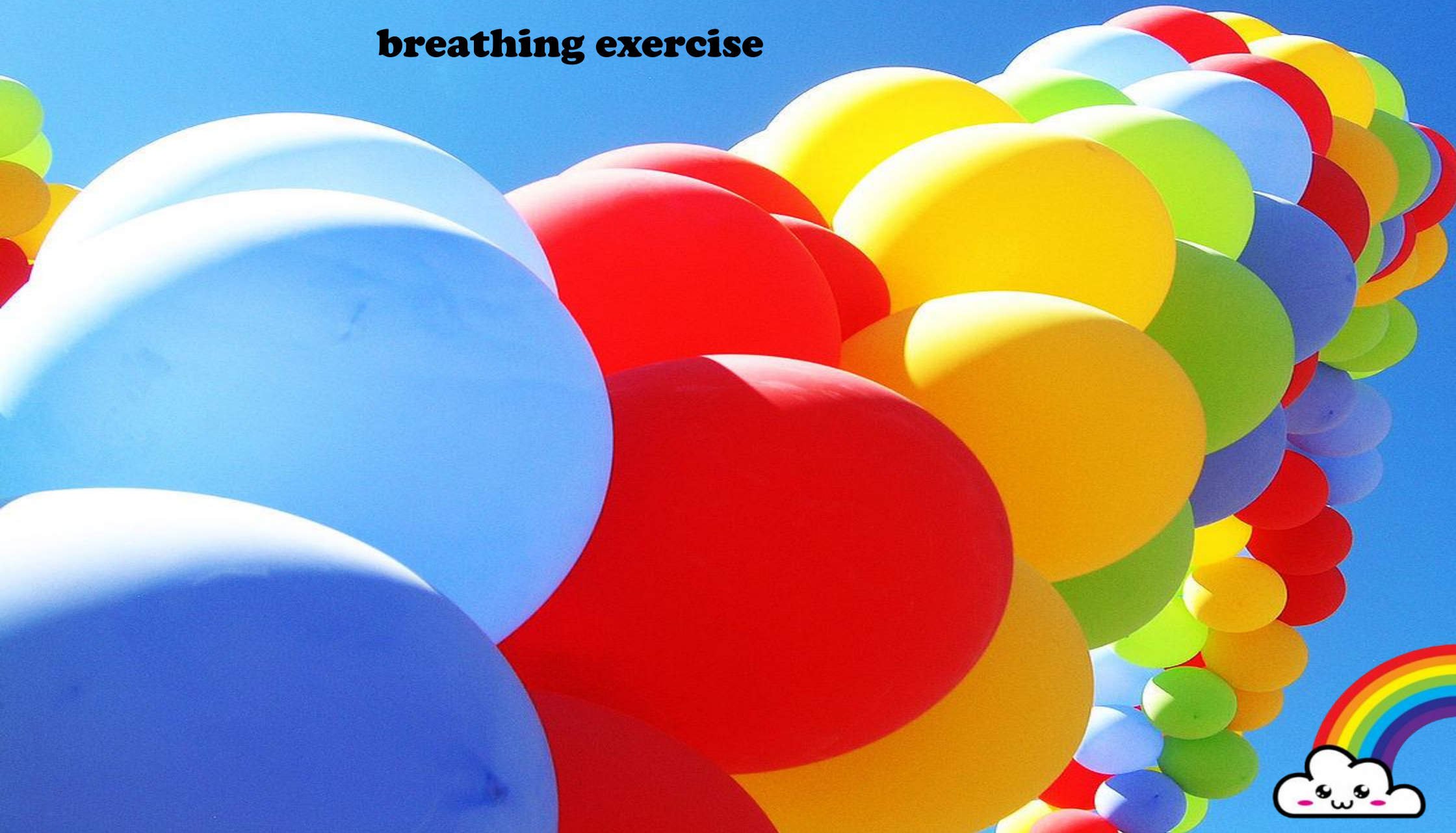


Gentle Nose Breathing
4-4-4-4
exercise



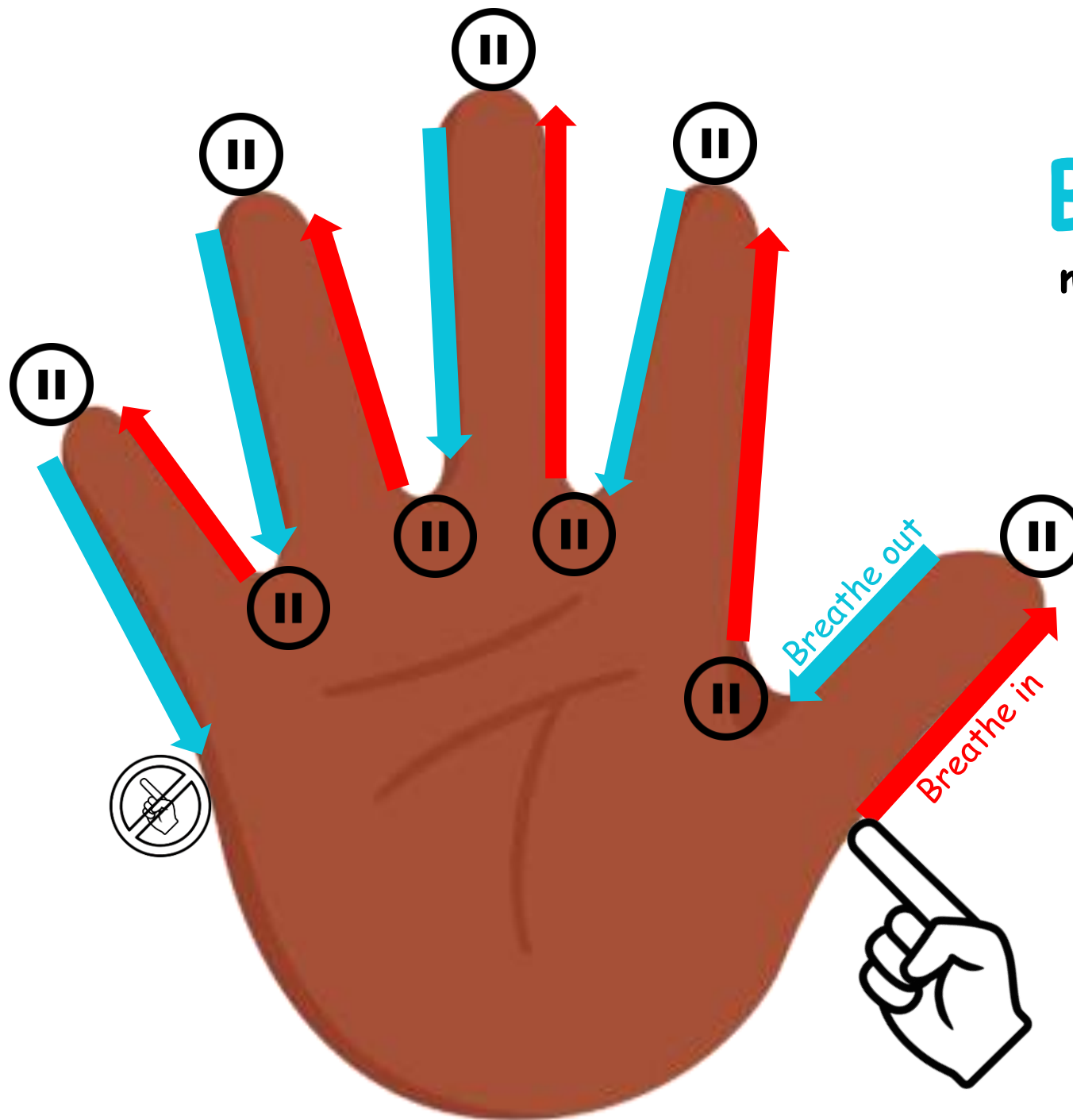
Rainbow Balloon

breathing exercise



Finger Breathing

meditation exercise



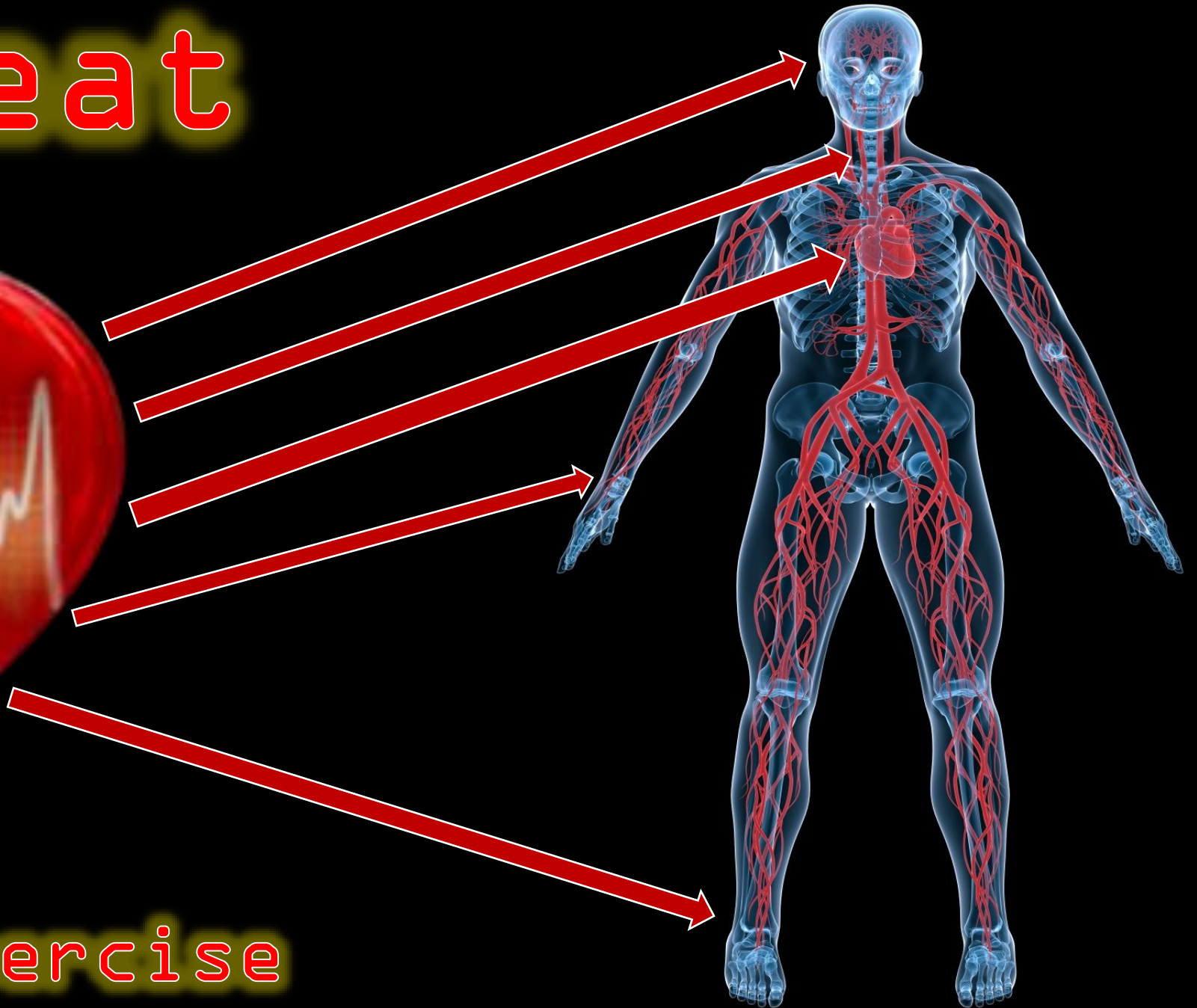


Throne Sitting
meditation exercise



LISTENING meditation exercise

heartbeat



meditation exercise

EMOTION meditation exercise



Sad
Upset
Sulky
Low
Tired
Ill
Hurt
Shy
Lonely
Fed up



Safe
Good
Calm
Relaxed
Happy
Content
Friendly
Proud
Valued
Listening
Focused
Ready to learn



Excited
Silly
Distracted
Nervous
Anxious
Worried
Scared
Embarrassed
Uncomfortable
Confused
Frustrated
Stressed



Angry
Aggressive
Shouting
Mean
Threatening
Shut down
Out of control
Terrified

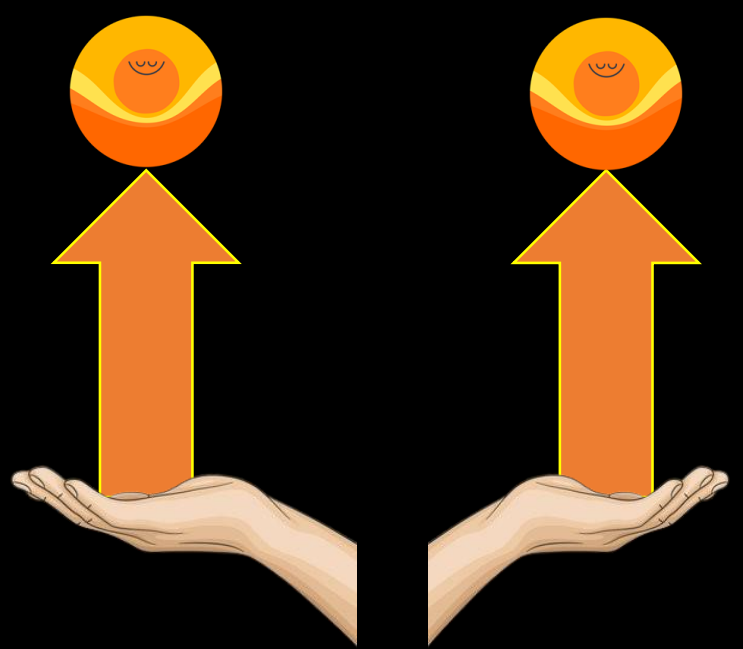
0 1 2 3 4 5 6 7 8 9 10

What is your
KINDNESS
NINJA
MISSION
MISSION
today?

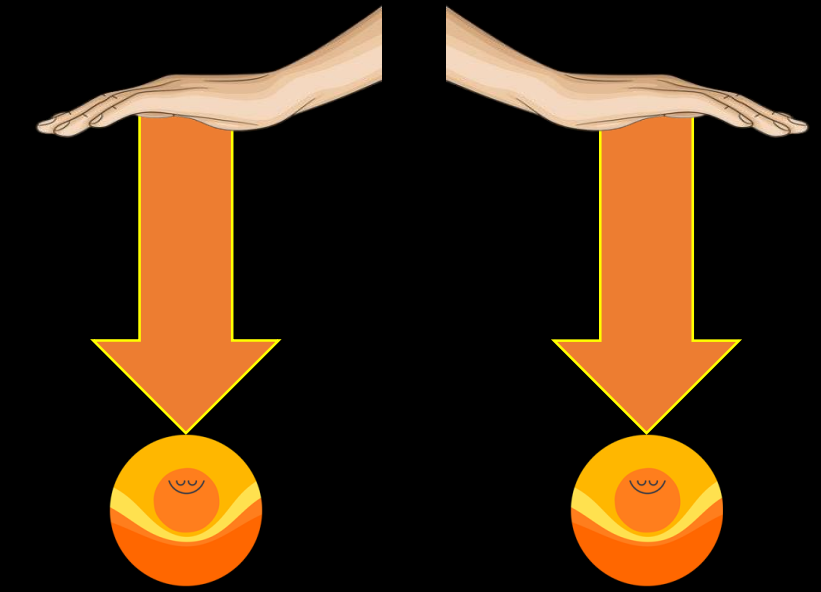


help & kindness
meditation exercise





sunrise
sunset



B
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Y



S
C
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N

