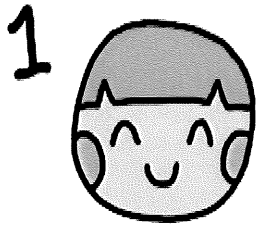


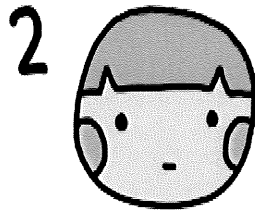
Name:..... Date:.....

HOW ANXIOUS ARE YOU TODAY?

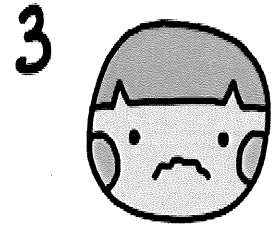
@introvertdoodles



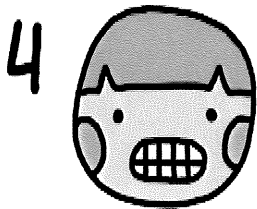
doing
good



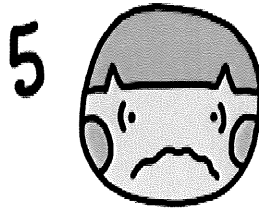
okay,
I guess



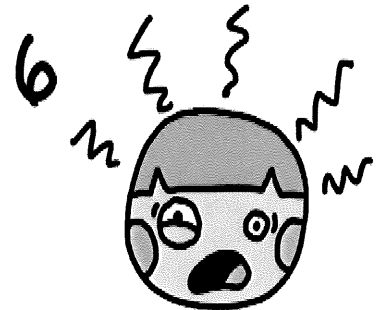
a little
tense



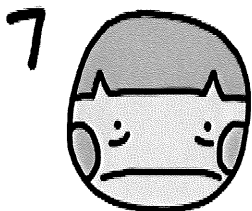
kinda
stressing



totally
overwhelmed



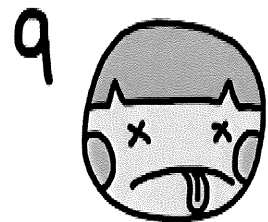
freaking
out



can't
function



complete
meltdown



I'm literally
dead



guided relaxation

"Beach Relaxation"

with Mellisa Dormoy
of Shambala Kids

Our minds are so creative and powerful that we can transport ourselves to any place we desire, just by imagining it in our minds. As the weather turns colder outside, we can still bring warmth within through our guided imagery meditation this month. We're going on an unforgettable adventure to the ocean. We'll enjoy all the scenery and calm the beach has to offer!

Close your eyes and bring yourself to a calm, quiet place in your mind. Just stay here and relax for a few moments. Breathe deeply and comfortably and notice how amazing the sound of your breath is. Just listen as the air moves in and out.... in.... and out. It is a quiet and beautiful sound.

(pause)

Now imagine transporting yourself magically to your favorite spot on a beach. If you have never been to a beach, just imagine what you think it would be like. Imagine yourself there now. On the beach you feel the lapping of the warm waves against your toes. You dig your toes deeply into the cool wet sand. The sun shines brightly and gently warms your skin. It's as if the sun is reaching down and pouring its love on you.... so warm and so nice.

Feel the rhythm of the calm waves flow over the sand - it relaxes you. Notice how your breathing becomes calm and even. Inhaling

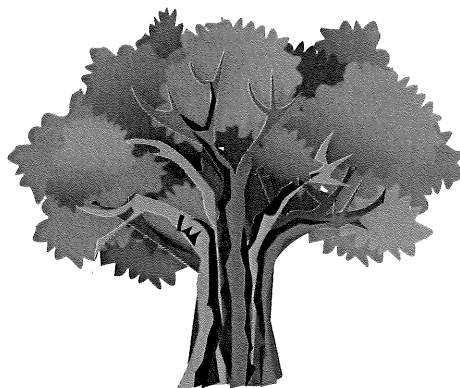
and exhaling slowly and calmly. Paying attention now, you slow down your breathing even further and allow your muscles to relax. Feel the warmth of the sun melting your muscles into complete relaxation. Slowly and easily your body relaxes more and more releasing tension or frustration, releasing any worries or doubts you have. Inhaling deeply again - breathe in calm and peacefulness.

Your body is now relaxed; your mind is relaxed now too. You can empty your mind of all worries or thoughts that have been bothering you. Just enjoy this moment you have now. Right now, only this matters, just relaxing and enjoying this moment. Breathe in deeply and allow the relaxation to flow to any part of your body that needs it. Imagine the beautiful golden warm sun penetrating each and every cell and muscle, making you feel so wonderful and alive! I'm sure you can feel the peace that surrounds you now, letting you know that everything is all right. Take in a nice, deep breath again and bring your attention back to where you are..... along with all the calm, peaceful feelings of relaxation and rest. I know you are feeling energized and peaceful now, ready for a wonderful night's sleep.

This a perfect time to discuss what your child felt during the relaxation, or any worries or stress that came up. Know that your child is in a highly susceptible state right now, so saying positive, loving things is the key to setting up your child's subconscious mind for success!

Treehouse Relaxation Script

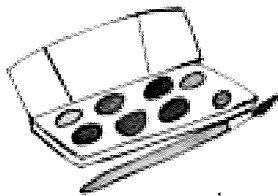
1. Get your body comfortable and gently close your eyes.
2. Slowly take three deep breaths, in through your nose and out through your mouth.
3. Spend a moment or two, relaxing your feet and legs. Letting go of any tightness and letting them become heavy and relaxed. Imagine a wave of blue light traveling up from the earth into your feet and legs, relaxing everything it touches.
4. Now relax your tummy, chest, and shoulders. Imagine this wave of blue light sweeping through and relaxing this area for you.
5. Pay attention to your arms and fingers, allow the blue light to move through. Feel how relaxed you are.
6. Finally bring the blue light to your head and allow it to flow out of the top of your head and into the air around you. Beautifully done!
7. Imagine you are standing in front of a massive tree. This tree has deep, deep roots and branches that reach out in every direction.
8. This tree is home to your very own treehouse. This is a treehouse of your own design. Picture how you would like your treehouse to look.
9. (Pause between each idea) You can add swings, windows, trapdoors, plants, animals, your favorite things, your favorite colors, just allow yourself to design the treehouse anyway you like.
10. Can you see it? Good. Now allow yourself to travel inside the treehouse. (Pause) Are you inside? Good.
11. Inside the treehouse, imagine anything that makes you feel good to think about. Place pillows, waterfalls, plants, trees, birds, pictures of mountains, anything that you would like that you feel good when you think about it. Go ahead and design the inside of your treehouse now.
12. Know that when you go inside your treehouse you feel really really relaxed. This is a place to let go of all your thoughts, all your worries.
13. Take a deep breath and allow yourself to feel very peaceful and relaxed inside your treehouse.
14. This is a place that you can go any time you would like to feel more peaceful and calm. Know that your treehouse is available to you any time you would like. You can visit here whenever you would like.
15. Now take a deep breath and imagine yourself walking down out of your treehouse. Gently bring your attention back to the room.
16. Rub your hands together to make them warm. Gently place them over your eyes.
17. You can open your eyes whenever you are ready.



Self-Care for Families

<p>emotional</p> <ul style="list-style-type: none"> __ watch a good movie __ write each other positive notes __ verbalize and talk about feelings __ draw self portraits __ Say "I love you" __ spend time writing __ have a sing-a-long __ tell jokes __ try a new craft 	<p>physical</p> <ul style="list-style-type: none"> __ dance party __ go for a walk __ family bike ride __ take a hike __ play kickball __ tag __ roller skating __ go to the pool __ jumprope __ kids yoga __ wii fit games 	<p>spiritual</p> <ul style="list-style-type: none"> __ a gratitude list __ go outside __ talk about forgiveness __ write thank you's __ volunteer __ spend time outside or with nature __ practice positive self-talk __ plant a tree
<p>mental</p> <ul style="list-style-type: none"> __ read together __ draw or write stories __ kids meditation __ find shapes in clouds __ practice belly breaths __ go on a walk to find new things __ make vision boards __ try Headspace for kids __ create mandalas __ make mindfulness jars __ play mind strength games like memory 	<p>practical</p> <ul style="list-style-type: none"> __ clean up __ declutter old toys __ assign chores __ make a grocery list together __ learn about money __ make a weekly budget check-in __ make a weekly cleaning check-in __ homework/study __ have a morning & night routine 	<p>social</p> <ul style="list-style-type: none"> __ play in the park __ call or visit relatives __ have family dinner __ play boardgames __ host a sleepover __ invite friends over __ plan a bbq __ join a team __ do a neighborhood food drive __ have talks about friendship and how to be a friend.

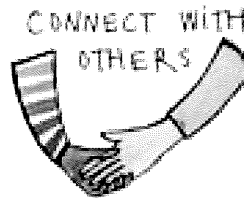
MINDFULLY TAKING CARE OF ME - FROM A TO Z



DO SOMETHING
ARTSY



DON'T FORGET TO
BREATHE



CONNECT WITH
OTHERS



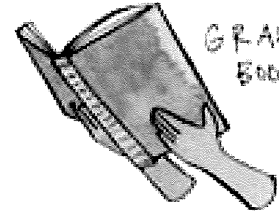
DANCE



EXPLORE
NATURE



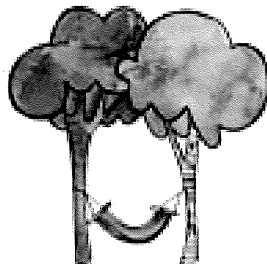
FIND
HUMOR



GRAB A
BOOK



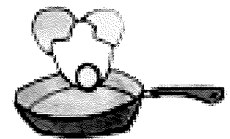
ASK FOR
A HUG



IMAGINE A
RELAXING PLACE



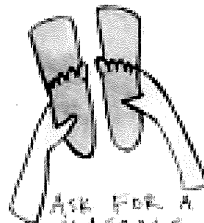
JUST BE



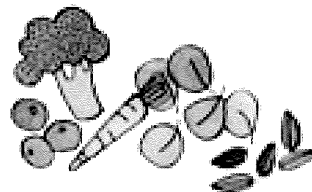
KITCHEN FUN!



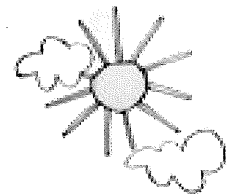
LISTEN
TO MUSIC



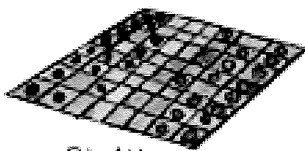
ASK FOR A
MASSAGE



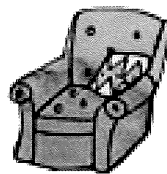
NOURISH WITH NUTRIENTS



GO OUTDOORS



PLAY



QUIET TIME



REMEMBER
THE GOOD
STUFF



SING



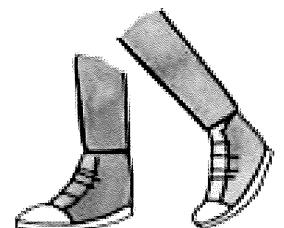
TALK
IT OUT



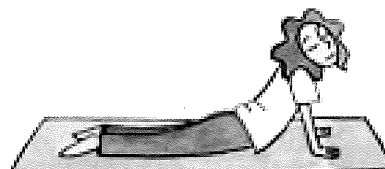
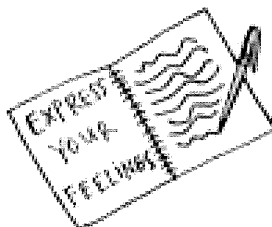
UNPLUG



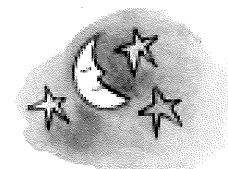
VOLUNTEER
TO HELP



TAKE A WALK



YOGA



GET SOME
ZZZZ's

Do assign age-appropriate household chores. Give children responsibility for tasks such as setting the table, tidying and folding laundry. They'll increase their feelings of competency and bolster their problem-solving skills.

Don't draw comparisons between your children. Instead, appreciate each one's individuality and uniqueness.

Don't call children names or use sarcasm to make a point. Never belittle your child's feelings. If you begin to feel angry, take a break, collect your thoughts and keep in mind, you can dislike a child's actions without disliking the child.

Do spend one-on-one time with your child. Whether it's grabbing a bite to eat or taking a bike ride, try to schedule some alone time with your child at least once a week. This is a great opportunity to talk about what's on their mind and to cement the bond the two of you share.

Do give children choices. Giving children directed choices makes them feel empowered. For example, at breakfast you might offer your child the option of toast or cereal. Learning to make simple choices whilst young will help prepare your child for the more difficult choices they face as he grows.

Don't do everything for them. Be patient, it may be faster and easier to help your child, but letting them do it on their own helps them to learn new skills. The more they meet new challenges, the more competent and confident they will feel.

Do let them know *no one is perfect*. And explain that no one expects them to be. The way you react to your child's mistakes and disappointments impacts the way he will react.

Don't gush or offer insincere praise. Children are masters at detecting insincere praise or false compliments. Praise your child often, but be specific in your compliments. For instance, instead of reacting to your child's latest drawing with, "Wow, that's great. You're the best artist in the world," try something like, "I really like how you drew the whole family. You even included details like Daddy's beard."

When your child feels they have failed or have been rejected try to find something good out of the experience to praise them for. This could be the amount of effort they put in, or the attention they paid to a task. Reflect with them about changes that they might be able to make in the future and what they have learned from the experience.

If you think your child is suffering with low self esteem think about what might have affected your child such as:

- Has there been a recent family trauma or stress?
- Could your child be having problems at school such as bullying etc?
- Have there been any significant changes?

If you continue to be concerned talk to their teacher as it is always helpful to keep communication lines open with the school and they might be able to shed some light on any problems at school.

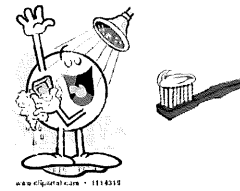
As a parent, you have a major part to play in ensuring that your children grown up feeling confident, secure and loved. How you deal with failure and upset will undoubtedly reflect on your own children. Children need to understand that failure is part and parcel of life and that it doesn't always go according to plan.

We all make mistakes, no one is perfect so showing your child that you can dust yourself down and start again will set a good example and help them to understand that we can learn from mistakes and move forward.

My Daily Routine

07:00

Wash, Brush Teeth, Get dressed



07:30

Brush hair, Breakfast,
Walk to school



08:45

Start School



15:15

Finish School



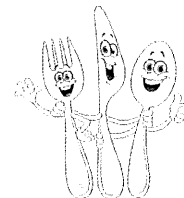
15:45

Change clothes, Homework



18:00

Have Dinner



18:30

Finish Dinner, Play



20:00

Brush teeth, get ready for bed

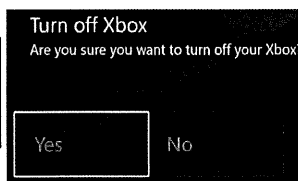
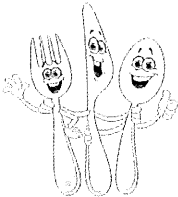


20:30

Story, Go to sleep



My Daily Routine



Take off uniform

Have a shower

Get dressed

Do Homework

Xbox 30 minutes

Have Dinner

All electronics to be
turned off at 7.00pm
TV, Tablet, Xbox, Phone

Read a book

Get ready for bed

Brush Teeth

Bedtime 8.30pm

