

## Mindful Monday - 4<sup>th</sup> May 2020

### Week 2 - Self Regulation

Make your own Positive Affirmation Cards

Affirmations are statements to inspire and help us to feel more positive.

They will always be based on what we would like to feel, rather than unpleasant feelings.

We would say, "I am calm", rather than, "I am not stressed".

You could use recycled card or paper to make your own set of cards.

These can be kept in a bag or box - you could read one each day to give you a positive thought. You can add affirmations or positive quotes to your bag as you become more inspired by your daily experiences.

See below for ideas to start you off!

## Positive Affirmations for Kids

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I am <b>smart</b> .	I am a <b>good friend</b> .
I am a great <b>listener</b> .	I am <b>loved</b> .
I am <b>unique</b> .	I am <b>compassionate</b> .
I show <b>empathy</b> to others.	I am <b>brave</b> .
I have a <b>strong</b> body.	I <b>like myself</b> the way I am.
I am <b>creative</b> .	I am <b>resilient</b> .
I <b>care</b> for others.	There is <b>no one quite like me!</b>
I am <b>helpful</b> .	I am <b>funny</b> .
I have a <b>positive attitude</b> .	I <b>try</b> my hardest.
I <b>love my life!</b>	I am <b>beautiful</b> inside and out.

If you are practising yoga,  
we would love to hear about  
it!

## EMOTIONS YOGA



**I am a grateful giraffe.**  
EXTENDED MOUNTAIN POSE



**I am a finicky flamingo.**  
TREE POSE



**I am a caring koala.**  
EAGLE POSE



**I am an excited elephant.**  
WIDE-LEGGED FORWARD BEND



**I am a frustrated frog.**  
SQUAT POSE

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**Mindful Monday**  
**Week 2 - Self regulation**

Audible website is free for children's stories at the moment.



<https://stories.audible.com/start-listen->

Miss Katie will record a meditation for you each week. This week she will take you to a treehouse.

<https://soundcloud.com/katie-doherty-858495761/tree-house/s-GuVPWHjrhdJ>



**What's your name?**

Spell your name and do the activity listed for each letter. You can also spell your middle name, your pet's name, your favorite character's name, or try different words.

<b>A</b> Spin around in a circle 5 times	<b>N</b> Walk backwards 25 steps
<b>B</b> Hop on one foot 5 times then on the other foot	<b>O</b> Walk sideways 25 steps
<b>C</b> Jump up & down 10 times	<b>P</b> Pick up a ball without your hands
<b>D</b> Run to the nearest door and back	<b>Q</b> Crawl like a crab for a count of 10
<b>E</b> Do 2 cartwheels	<b>R</b> Touch your toes 25 times
<b>F</b> Do 10 jumping jacks	<b>S</b> Roll a ball using only your head
<b>G</b> Walk like a bear for a count of 10	<b>T</b> Pretend to pedal a bike with your hands for a count of 20
<b>H</b> Balance on your left foot for a count of 10	<b>U</b> Flap your arms like a bird 25 times
<b>I</b> Hop like a frog 5 times	<b>V</b> Reach for the clouds for a count of 15
<b>J</b> March like a toy soldier for a count of 10	<b>W</b> Walk on your knees for a count of 10
<b>K</b> Balance on your right foot for a count of 10	<b>X</b> Do 10 push-ups
<b>L</b> Pretend to jump rope for a count of 20	<b>Y</b> Pretend to ride a horse for a count of 20
<b>M</b> Do 2 somersaults	<b>Z</b> Do 25 jumping jacks



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Fun ways to keep moving!