

"AUTUMN SELF-CARE AND BRAVERY"

SELF-CARE TOOLBOX FOR PARENTS, PROVIDERS, EDUCATORS AND THE FAMILIES AND CHILDREN YOU CARE FOR



There is no denying the importance of self-care, and ensuring you take time out of the busyness of life to nurture and support yourself. This in turn will help support those around you, not just the families and children you work with, but your own as well.

Here are some mindfulness tools we wanted to share with you to help bring some calm and healing into your every day. We are all different and we all learn in various ways, so we always share with the reminder to take what supports you and leave what doesn't serve you.



AUTUMN MANTRA FOR SELF-CARE



"I am cared for.
I am thankful.
I love who I am."





BREATHING EXERCISE

"THREE HEALING BREATHS"



This is one of the most healing practices we can do, and so easy to pick up anytime, anywhere. Find a nice comfortable seat and allow your eyes to close, or gaze to lower. Begin to take your first breath, into the nose, drawing breath into the lungs and into the diaphragm, so your abdomen rises up, and let it out through the nose or mouth. Repeat this three times.



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"JOURNAL OF GOODNESS"

IDEAS FOR YOUR JOURNAL



Take a moment to remind yourself of all the goodness in your life and be grateful for people who love and support you. You can use any paper, notepad or journal to begin writing down all of the good things that come to your mind. You can try this exercise daily, weekly or as needed, and use it to look back on so you can remember goodness during the times you need it most.

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"POSITIVE BOOKENDS"



Start and end your day by reminding yourself of 3 things you like about yourself or your life... Even the smallest things can illuminate all of the good you are and have. This can be an activity that you talk about with your loved ones, or done silently as you reflect on your day. You could even use this as a journaling activity, whatever method is best for you.

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YOGA STORY FOR STRENGTH: TAMMY THE TREE

Tammy was a beautiful, big tree with a huge trunk and long branches. She loved the long summer days full of sun, but suddenly she realised the days were getting colder and darker, and she and friends were losing their leaves! Day by day their leaves were falling, and Tammy began to feel worried about winter. But then she remembered she could use her "Autumn Leaf Breath" to settle her nerves and remember her inner strength. Well done Tammy for calming your heart and mind and remembering that losing your leaves is helping the earth by feeding the ground. You will be stronger without them this season, and they will return next spring in all their glory!

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"AUTUMN LEAF BREATH"

You can use a real leaf for this breath if you can find one! If not, then draw one on some paper. Bring your finger to the end of the leaf and as you breathe in run your finger along it to one tip, hold the breath for a moment, then slowly breathe out as you run your finger down the side, and hold again for a moment. Do this around the entire leaf to feel calm and peaceful. Use this breath to find calm and connection to nature, while remembering how the leaves change and fall away making way for winter time.



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"AUTUMN SELF-CARE AND BRAVERY"



AUTUMN SUPERPOWERS MANTRA FOR CHILDREN

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"I believe in me.
I am loved.
I am a superhero!"

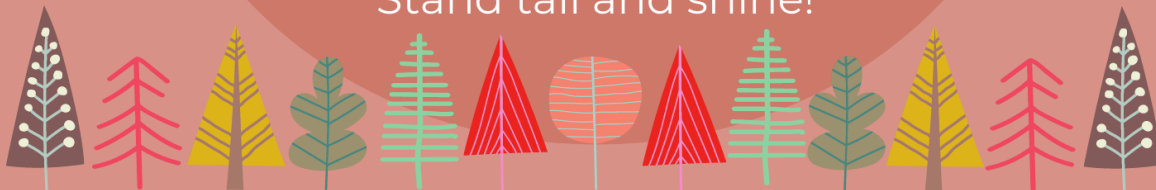


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"STANDING TALL LIKE A TREE"

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Standing tall like a tree... What kind of tree do you want to be? Maybe an oak tree or weeping willow. You know what is special about trees? Each of them are unique! No matter how big or small, round or tall, they stand together in stillness and strength. They provide us with fresh air and shade. Let's take a leaf from their book, find our strengths and superpowers, and make the world a better place. You are unique and strong just like a tree. Stand tall and shine!



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