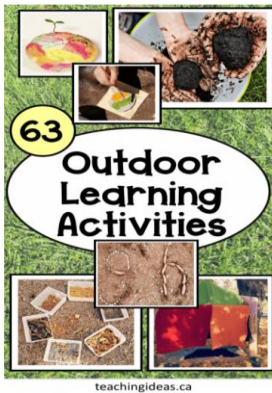


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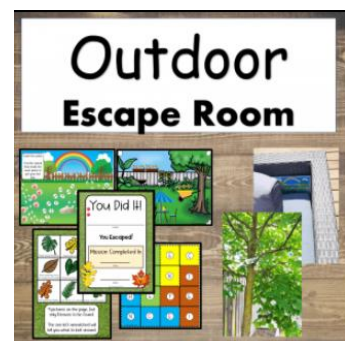
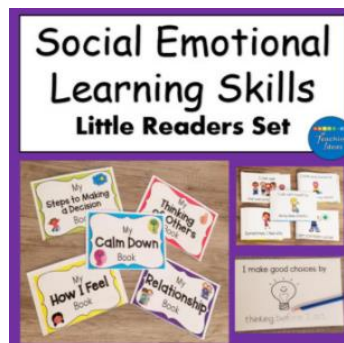
Activities on the Blog



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A Primary Kind of Life



Whimsy Clips



Write a letter, or make a picture for someone you love or miss. Mail it to them

Create a calm down jar in a water bottle.

Fill $\frac{3}{4}$ with water. Add small objects, such as elastics, pompoms or even sparkles. Fill to top with water and seal top. Shake and watch settle.

Try out some yoga! Find a quiet spot and follow along to a kids yoga video online.

Lie down outside. Close your eyes. Calm your breathing and think about what you:
Feel
Smell
Hear

Place a stuffed animal on your stomach.

Slowly breathe in and watch your animal rise. Breathe out and watch it lower.

Mindfulness Choice Board

Star Breathing

Spread your hand out and trace up along your pinky finger while taking a deep breath in. Exhale as you trace down your pinky. Inhale as you slowly trace up each finger, exhale as you go down.

Create a cozy nook with pillows and your favourite things and relax as you read a book.

Make a list or draw a picture of 5 things that you love about yourself.

Do something kind to help someone in your home.

(ie. Help make dinner, give a hug.)

Write a list of 5 things that you are grateful for.

