Why?

both physically and

emotionally.

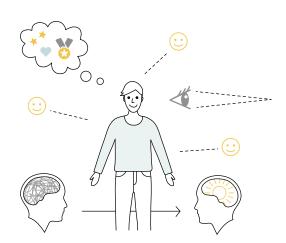
Mitigates the effects of bullying.

Enhances focus in children with ADHD.

Reduces attention problems.

Improves mental health and well-being.

Improves social skills.



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How?

Mindful breathing. Focus on your breath, imagine a sail boat that rises and falls with each breath, envision your breath as a color, and pretend you're a fish breathing air for the first time!



The mindful jar. Fill a jar with water, add a spoonful of glitter, shake the jar to make the glitter swirl, and think about how your mind is like the jar - sometimes it's crazy and chaotic and you can't see very well, but when it's settled, the glitter sinks and you can see clearly.

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Safari. Go on an exciting adventure on your next walk, put all of your senses to work, and notice all the birds and bugs and creepy-crawlies, anything that walks or crawls or swims or flies.

