



REST AND RELAX

Reflect, relax and ease
your busy mind.

Folding Flower

Grow peace in
your heart



- 1 Lie on a mat, blanket or bed. Close your eyes and take three soft, slow, **mindful breaths**. Feel them in your nose, your lungs and your tummy.



- 2 Imagine a flower in your heart. Its petals are wide open. It is a flower of peace.
- 3 Imagine gentle light streaming down from the sky into your flower. Watch the petals of your flower slowly close around the glow of light.

- 4 Keep your focus on the flower. You can rest or fall asleep with the flower of peace in your heart.





FIND CALM

Learn to handle tricky
or challenging emotions.

Joyful Jellyfish

Let your fears
float away



- 1 Lie down on a mat or blanket. Let your arms rest loosely by your sides.
- 2 Close your eyes and notice your tummy rising and falling with your breathing.
- 3 Feel your muscles sinking into the floor beneath you. Let your body be as still as possible.

- 4 Imagine you are a joyful jellyfish floating in the water.
- 5 Now let your worries glide off your jelly body. Feel them slip away in the water.



- 6 When you are done, rise slowly, taking your joyful jellyfish heart with you.
- 7 Float freely through the sea — nothing in your way, nothing holding you back.





OPEN YOUR HEART

Feel a sense of self-acceptance
and connection to the world.

Cooking Up Connections

Appreciate where
food comes from



1 Sit **mindfully**, with your spine straight and body relaxed. Close your eyes and take three soft, slow, **mindful breaths**.

3 Imagine eating pancakes or waffles. To make them you often need eggs from chickens, milk from cows and flour from grains.

You need farmers to milk the cows, gather the eggs and grow the grains in the ground.

You need drivers to take the milk, eggs and flour to the supermarket.

You need the people who work at the supermarket to sell the food, and your family to help you buy it. And you need somebody to cook!

2 Think about how you are always connected to other people, plants and animals. Let's explore these connections.



4 Before you open your eyes, take a moment to thank all those people, plants and animals for your tasty food.

It's easy to see how we're all connected when we eat nourishing food.

