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Wellbeing Pack

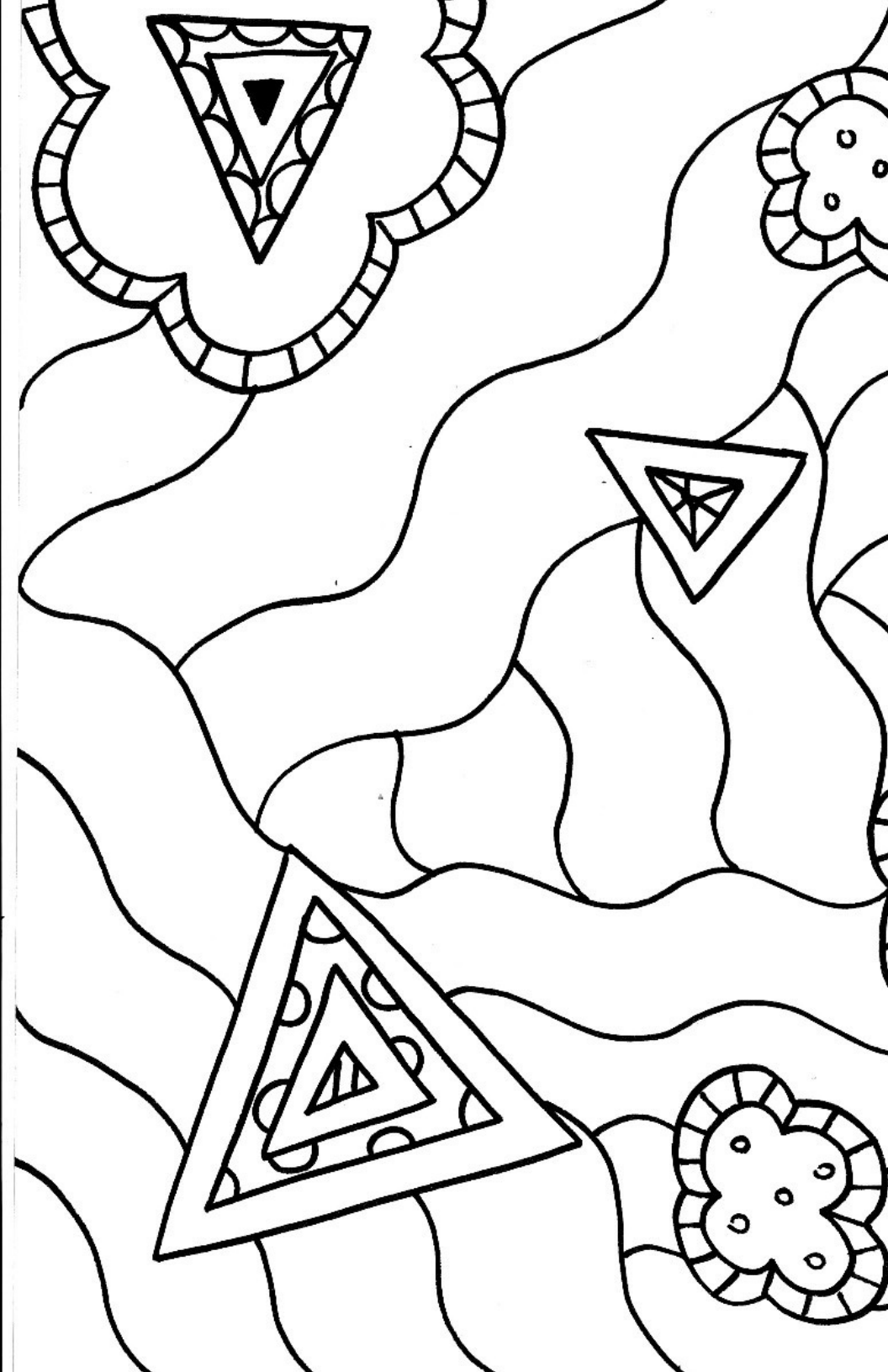


This booklet will give you some very simple tools to help your body and mind stay strong and healthy!

There are some stretches, colouring and breathing activities for you to complete.

Use all the tools inside in experiences within your life or school that you may have to help you feel calm and strong.

The Kalma Life team x



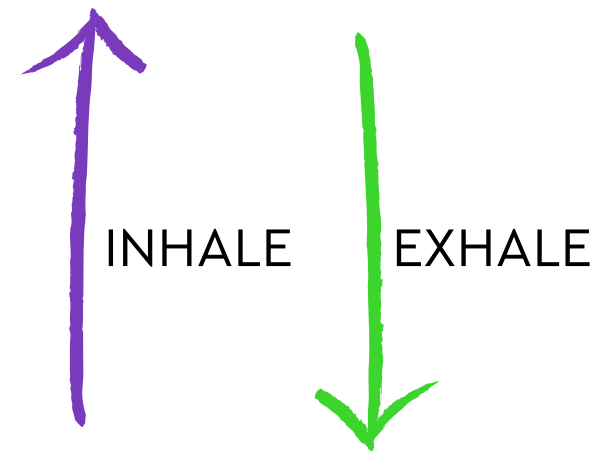
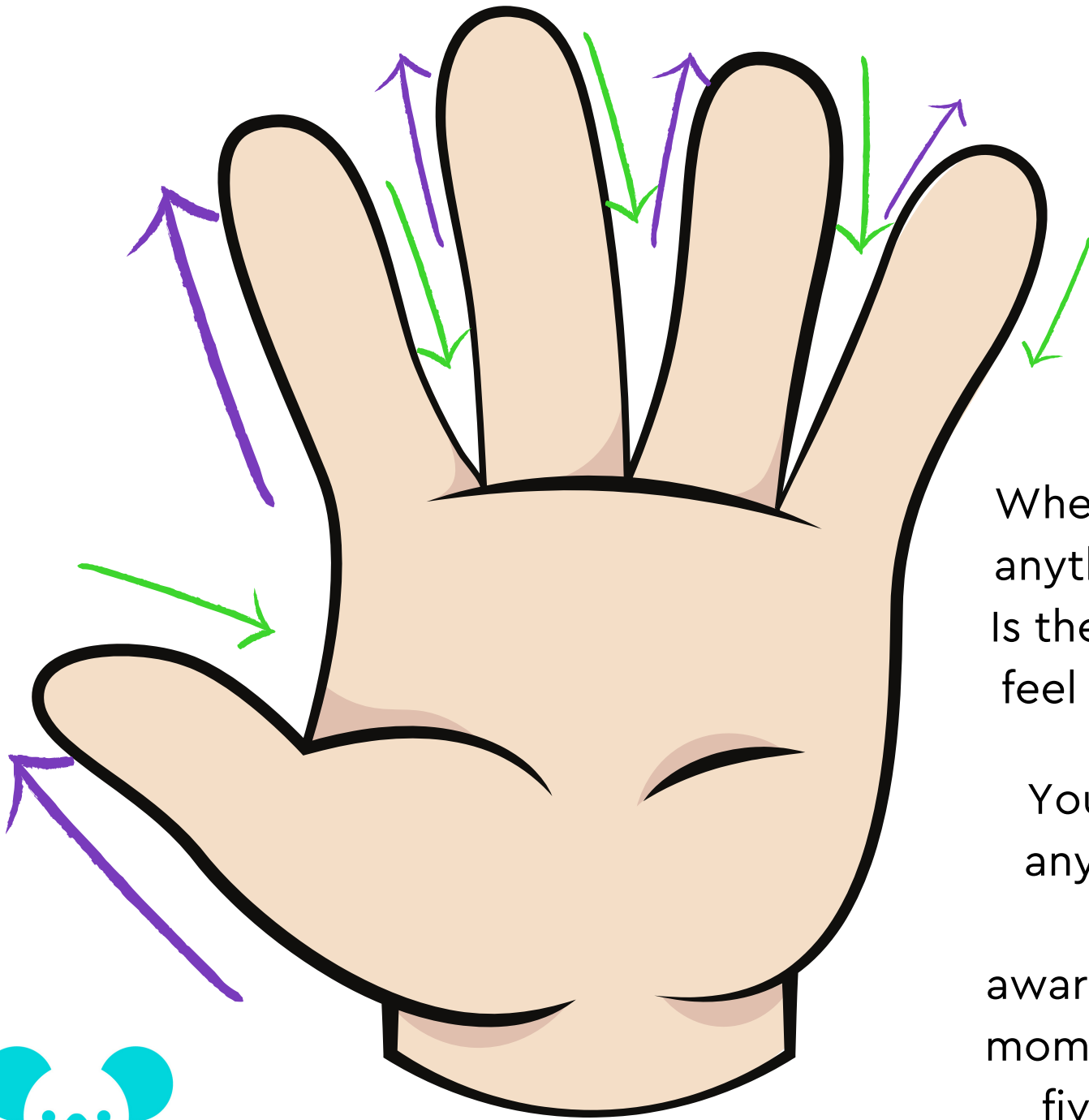
A 'Kalma Mind'

Take five can be done anywhere. Keeps emotions under control to make better choices

Fan out your hand "like a star," and place it out in front of you or on top of a table, or on a knee. Next, take your pointer finger from the opposite hand and begin to trace along the hand that is fanned out. Inhale through the nose, trace the outside of the thumb, then exhale through the mouth as you trace along the inside of the thumb. Inhale as you trace the outside of your pointer finger, exhale as you trace the inside of the pointer finger...and so on and so forth until all of the fingers have been traced. As you trace each finger, focus on every breath, and pay attention to how the small movements feel on your hands.

We call this conscious attention and when applied slowly it has a calming, awareness building, and relaxing effect. This is super simple to remember and can be used on-the-spot when we're overwhelmed, need some space to think, and when we want to calm down to make better choices.



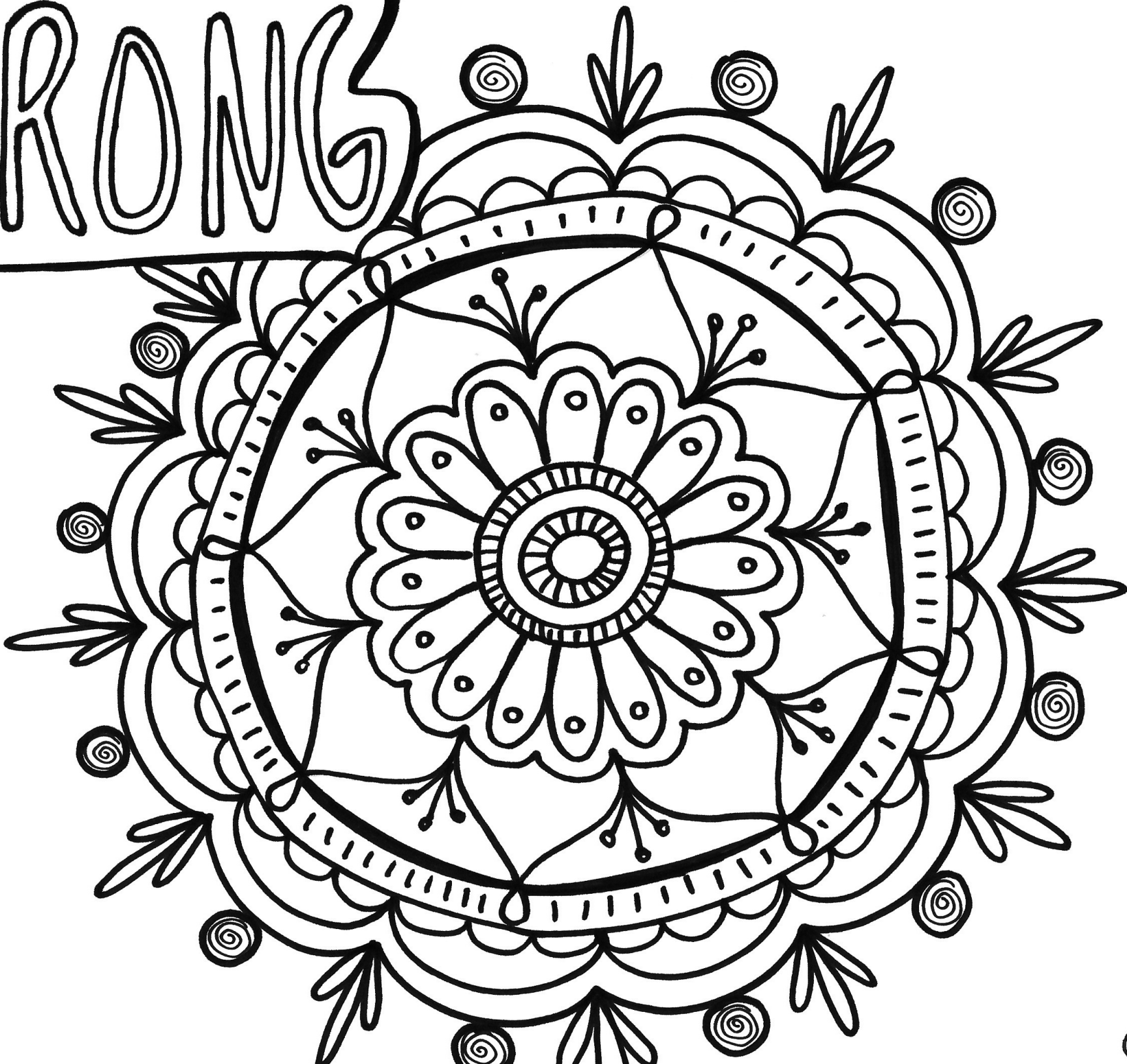


When you finish, do you notice anything about your emotions? Is there a difference in how you feel now compared to before?

You can use it pretty much anywhere, at any time. The exercise anchors our awareness back to the present moment. The idea is to use the five fingers to count each breath cycle.



STRONG



Warrior 3 Pose

Warriors are strong and brave, they have courage and power. Soar high!

Try it: Standing tall and strong bring palms together at the centre of your chest. Extend one leg back, balancing on the other. Hinge from the hips, bringing the upper body and leg parallel to the floor. Keep palms together or extend arms along shoulder height for a challenge of strength. Stay for 3-5 breaths and then repeat on the other side.



Easy forward Fold

Calms the mind whilst soothing nerves helping reduce stress and improving digestion.

Keeps your spine strong and flexible. Lengthens the leg muscles the hamstrings. Your mantra is I am calm.

Try it: Stand on the ground with feet hip-width apart. Inhale, raise the hands overhead and upon exhalation bend forward.

Place your hands to the floor if you can reach, or let them rest anywhere they reach.



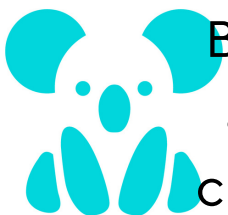
Cobra Pose

Cobras are peaceful creatures. Be more like the Cobra - feel safe and grounded.

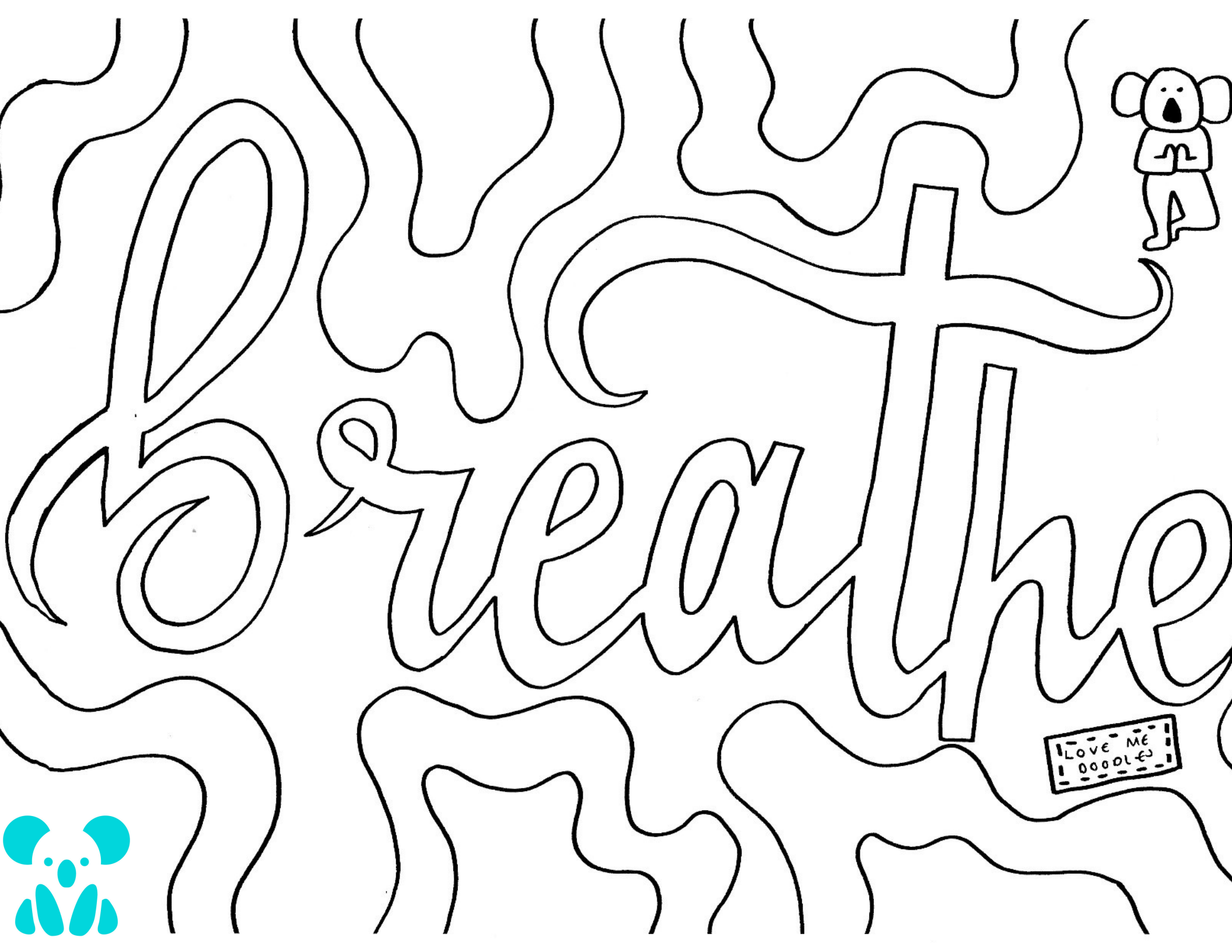
Strengthens the back opens the chest for deeper breathing. Your mantra is I am calm.

Try it: On your belly. Hands under the shoulders, palms down, legs long behind. Press palms to floor, lift the chest up. Breathe in this posture for 5 breaths, bring chest back to floor.

SSSSSSSSsssssss



Breathe in as you lift to cobra and then hissing, bring your chest back down to the floor.



Breathe



Love ME
0000L-3



Belly Breathing

Belly breathing helps your body to relax!

Try it: Lie on your back or sitting straight. Close your eyes and breathe. Pay attention to the parts of your body that move when you breathe.

Place one hand on your heart, the other on your belly. Inhale through the nose and into the belly. The belly should move up and chest stay still.

Inhale for a count of 4, hold for 4, push the air out your belly for 4. Repeat for 5 breaths to feel calmer.



Koala of Kindness

Help us spread an important message.



This is our Koala of Kindness. He wants to spread the importance of being kind to yourself.

Kindness can be shown by talking kindly and positively to yourself, trying new things, making good choices-this is just a small list!

Task: Write on your koala all the things you love about yourself. Stick it on the wall to remind yourself when you need it.

Lets spread kindness far and wide!

Butterfly Pose

Calming and grounding pose. Let your mind and body fly free!

Try it: Sit tall with your legs stretched out in front of you. Bend your knees and draw your heels toward you, rotating legs open from the hips. Press feet together and hold the outer edges of the feet, thumbs pressing into arches. Press evenly through your sit bones and draw outer thighs and knees toward the floor. Firm the low belly, lengthen the waist and draw the heart upward. Keep neck relaxed and head in line with the spine. Stay for 5-10 breaths.



Visualisation

Its now time to relax with the elephants in this guided visualisation.

A visualisation is a therapeutic technique that has been used for centuries. By creating images in the mind, it can help reduce worry.



Close your eyes, and imagine that you are a great, wise elephant. Your toes are pearly white, your legs are long and strong, your tail flicks and swishes, your ears hear every whisper of wind, and your trunk stretches out from your face and reaches down to your knees. Take a great, deep breath in through your elephant trunk.... And slowly let it out, long and slow through your whole trunk.

Feel the sun warm your grey skin, and maybe the grass is tickling your feet? As you are standing there, relaxing in the grass, you can see the sky above you. What do you see? Maybe a cloud? Or a bird? Or the leaves of a tree? The sky above you is big and blue, and the Earth below you is green and pebbly. Breathe in through your long trunk... and breathe out. Your big legs carry you to a stream. You use your trunk to carry water from the stream and woosoosh it into your mouth for a drink, and woosoosh it all over your body. The water feels cool, and you feel refreshed. You take a deep breath in through your trunk... and out, long exhale. You wade into the stream, cooling your feet and ankles as the sun pours over you. You shake the water droplets off your ears, and listen in as the birds chirp, singing their sweet songs.

