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Wellbeing Pack

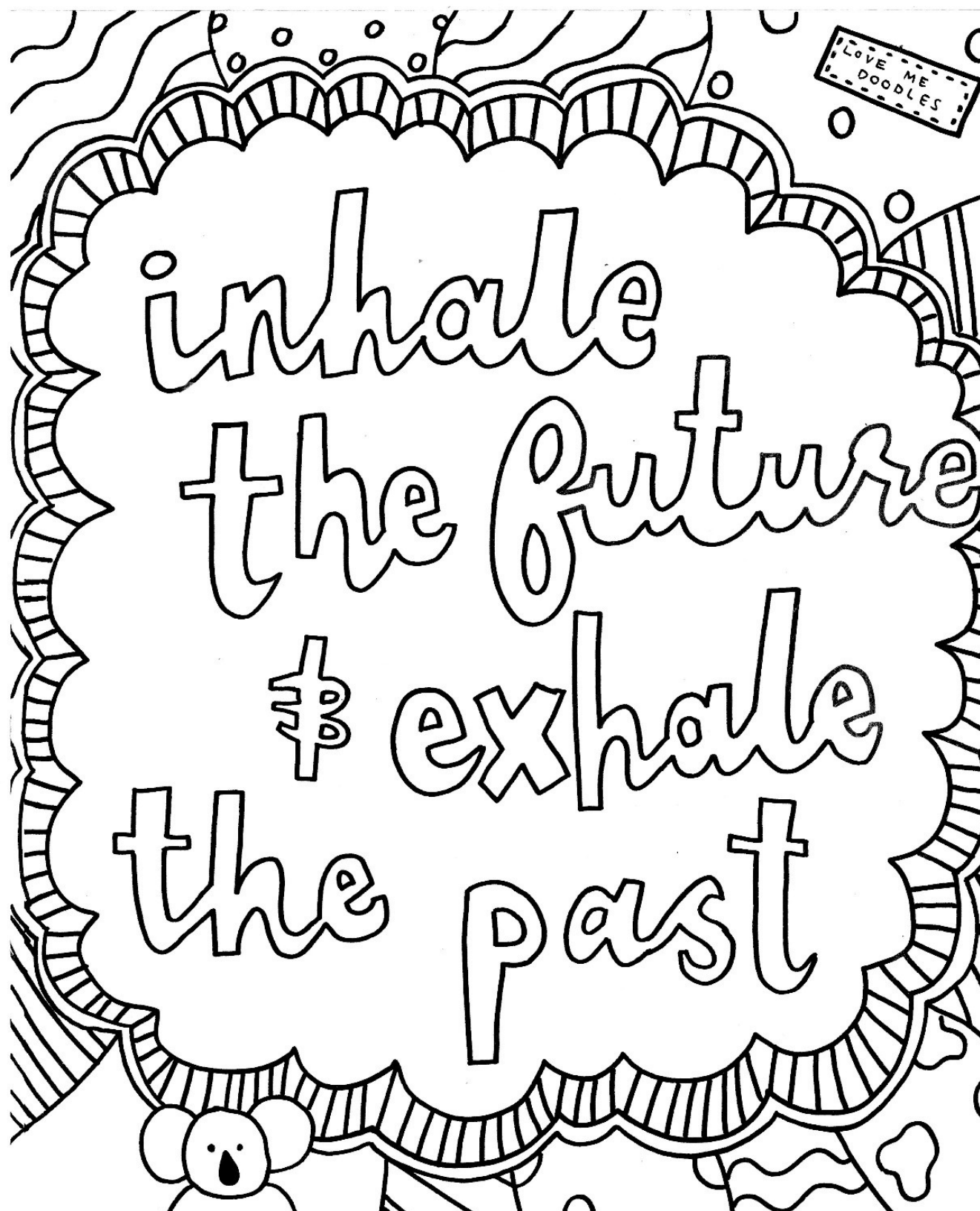


This booklet will give you some very simple tools to help your body and mind stay strong and healthy!

There are some stretches, colouring and breathing activities for you to complete. Check out the 'try it' and 'tasks'.

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'

Create your own calm in a busy mind!

Imagine if you had tools to use that could help you stay calm and feel relaxed in everyday situations, you could create a 'Kalma Mind'.

Our minds are often so busy with thoughts inside that it can be hard to know which ones create the feelings within our bodies. If we calm the mind, we calm those feelings inside. This helps us because sometimes the feelings we have are not always nice ones.

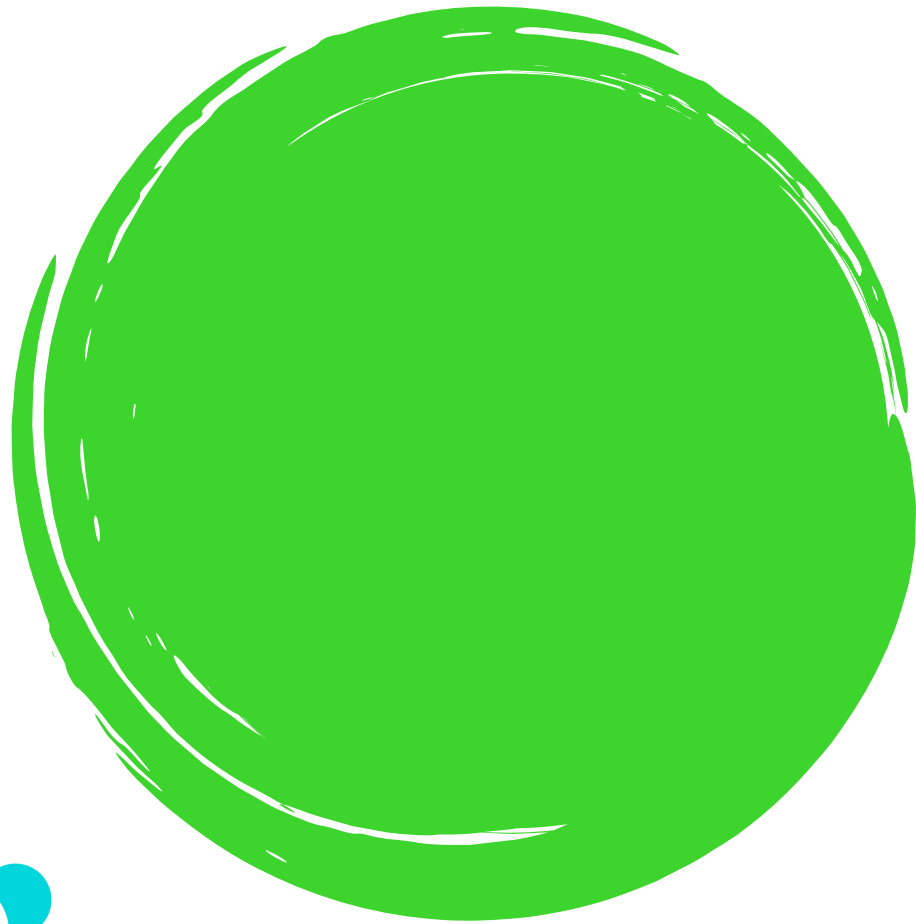
On the next page you will see two circles. Think about your feelings right now. Write all these feelings which could be worry, sadness, happiness, excitement, scared, anything inside the circle on the left. This is our before circle. After you have finished the pack then write down how you feel now you have completed all the wellness activities in the circle on the right.



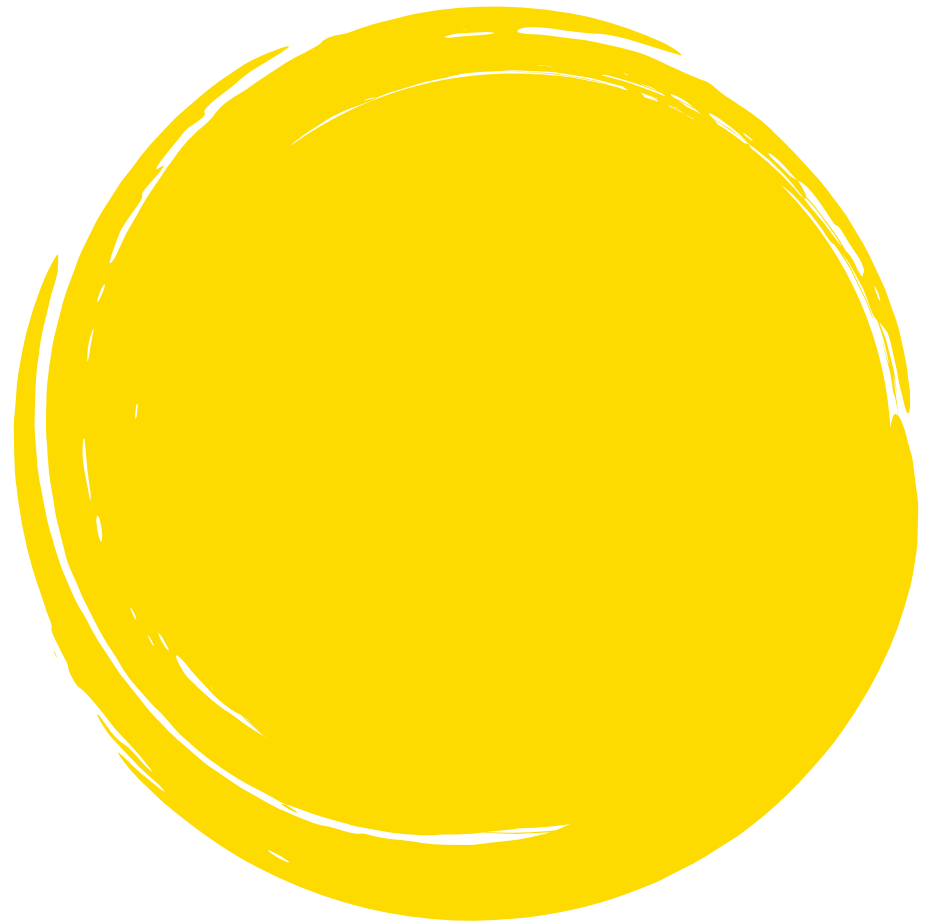
# My feelings

List your feelings inside the circles.

## Before



## After





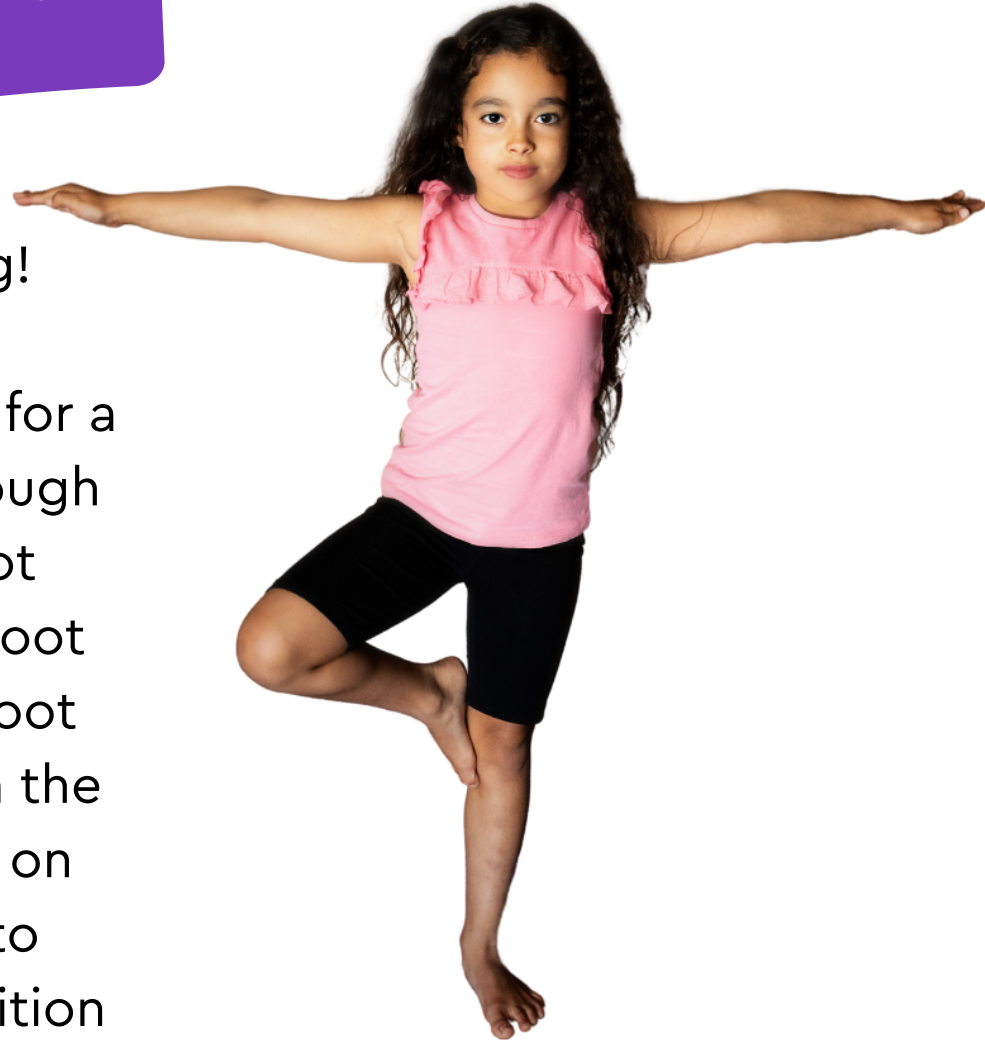
# Tree Pose

Helping balance and strengthen legs. Calms the mind.

Focus on self confidence and your affirmation I am Balanced and Strong!

Try it: Stand tall in Mountain Pose. Look for a focal point in front of you and look through it. Slowly start to lift up the right foot letting your weight move to your left foot on the floor. Let the ball of the right foot rest on the floor while the heel rests on the ankle, the calf or the thigh depending on your balance. The arms stretch out to shoulder height or take to a prayer position in front of your heart. Breathe for 5 breaths.

Repeat on your opposite side.



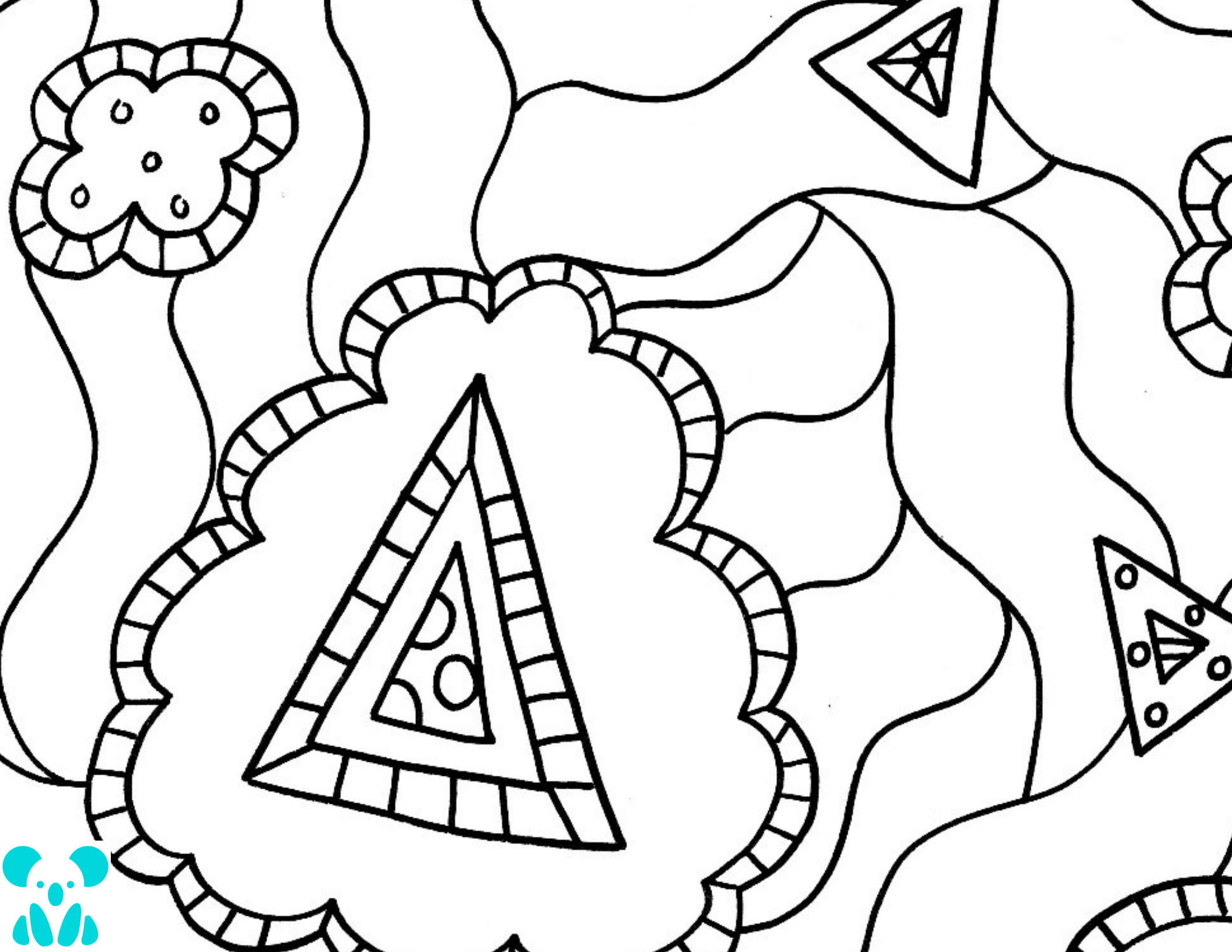
# Downward Facing Dog

Calming and energising pose. Gets our blood flowing and recentres our focus.

This posture has the ability to be both a calming and energising pose. Helping to get our blood flowing and recentre our focus.

Try it: Start on hands and knees in tabletop position. Walk your hands one hand-length (about 6 inches) forward. Tuck toes under and lift hips up and back as far as possible to create a long spine. Relax heels gently toward the floor lengthening the backs of the legs. Stay for at least 5 cycles of breath.





# Be Present

Mindfulness is a practice where you use your five senses to engage physically and non-judgmentally with the world around you.

Try it: Sit tall in your chair, lift your arms out to the side, palms up, until your arms are shoulder level and parallel to the ground. Breathing in, touch your shoulders with your fingertips, keeping your upper arms horizontal.

Breathing out, open your arms to the horizontal position, stretching your palms open.

Focus on your finger tips filled with energy.







Breathe

# Bear Breath

Grounding and settling. Wonderful for restful, reflective time. Imagine a bear hibernating.

Try it: Inhale through the nose, pause; exhale out the nose, pause. Breathe in to a count of 3 or 4, pause for a count of 1 or 2; breathe out for a count of 3 or 4, pause for a count of 1 or 2.

Helpful before nap time, story time or any creative activity. Repeat for 5 breaths to feel calmer.



# Koala of Kindness

Help us spread an important message.



This is our Koala of Kindness.  
He spreads an important message to all about being kind to yourself and to others.

Kindness can be shown by being friendly, helping others and being considerate-this is just a small list!

Task:

List what kindness means to you?

Print and cut out our koala, stick him somewhere to remind you and others of kindness, Lets spread kindness far and wide!



# You got a friend in me

Take time out to relax your body and mind.

Friendship is an important part of growing up. Yoga can teach you to be more mindful of others feelings as well as your own.

It also teaches us how to build friendships with others and respect one another.

Try it: Practice with your friends, parents and siblings this tree pose.

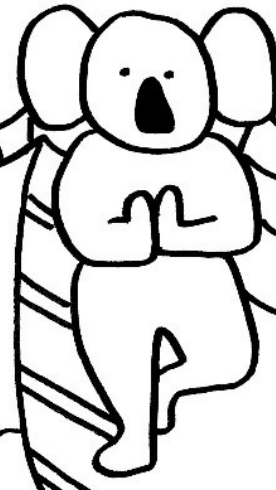






Love Me  
DOGDLES

RELAX



Kalma Minds



# Mindful Body Scan

Take time out to relax your body and mind.

Try this sitting or lay down on your back close your eyes: Start at your feet gently squeeze the muscles to tense them then relax. Move up to calves squeeze for 5 seconds then release slowly.

Work your way up through your body to the thighs and bottom, belly, chest, arms and hands then face.

Notice how your muscles feel after compared to before.

Let your thoughts...

Pass through your mind just like...

Clouds floating...

