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Wellbeing Pack

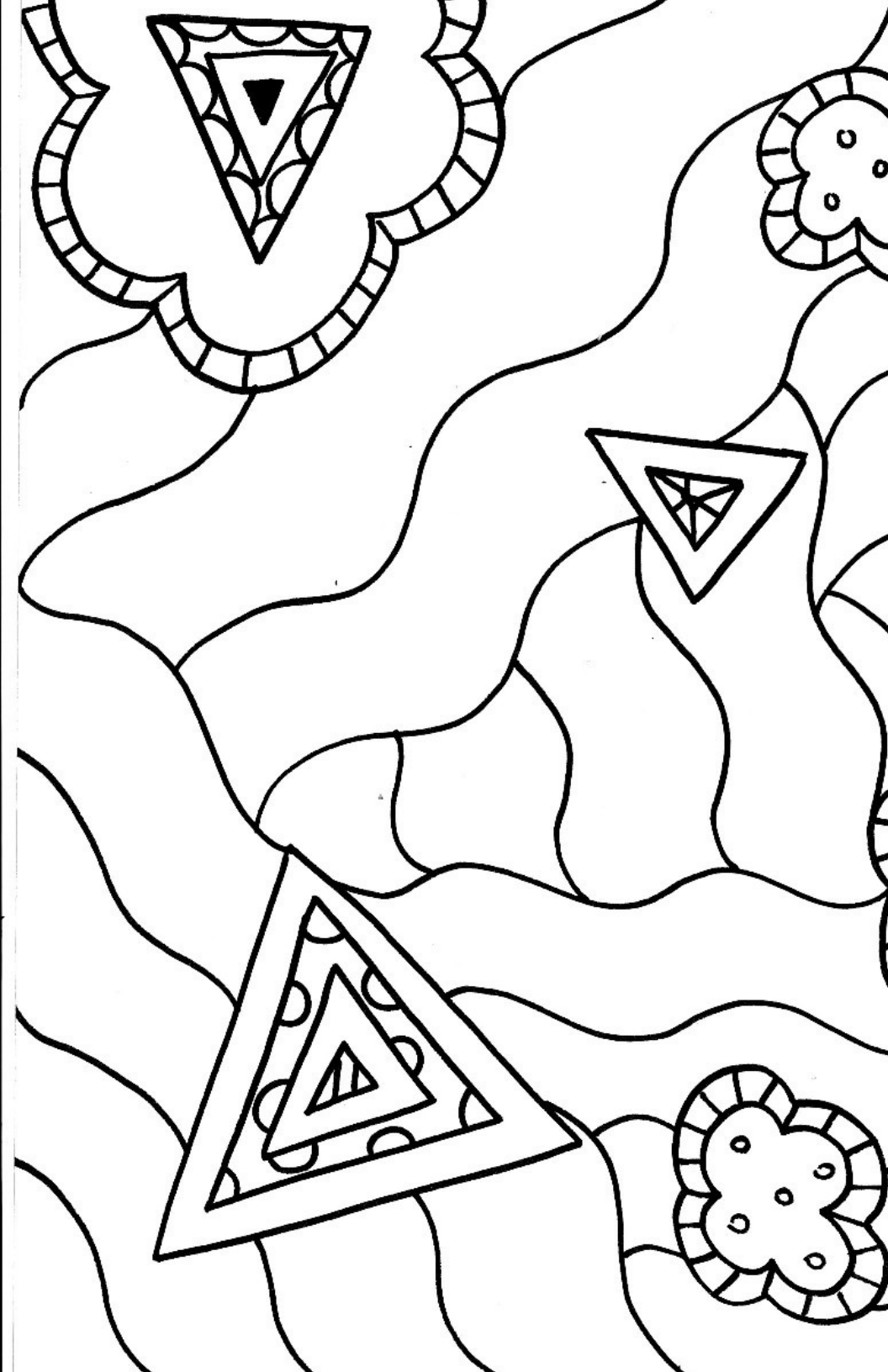


This booklet will give you some very simple tools to help your body and mind stay strong and healthy!

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



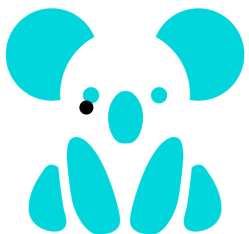
A 'Kalma Mind'

Bumble bee breathing helps self regulate strong emotions.

Start your day with Bhramari Pranayama

- Choose to sit in any comfortable seated position for this practice: sitting cross-legged on the floor, kneeling, sitting on a chair or even your bed.
- Close your eyes or lower your gaze. Notice the feeling of the ground, cushion, or chair beneath you and energetically ground down through your sit bones while lengthening through a long spine.
- Breathe in and out through your nose. Relax your face and jaw, keeping the lips gently closed while allowing your teeth to remain separated.
- Gently press your pointer fingers on the cartilage of your ears just below your cheek bones, blocking out any external sound.
- Keeping your ears blocked, take a deep breath in through your nose and exhale through your nose. On your exhale, make a humming or buzzing sound.

Continue for at least 6 cycles of breath, or as long as you like.



Bhramari Pranayama or Bumblebee Breath is a calming breath practice that can be performed anywhere. Bhramari is derived from the Sanskrit term for "bee." This breath practice is named after a type of black Indian bee due to the bee-like buzzing sound produced during the exhale



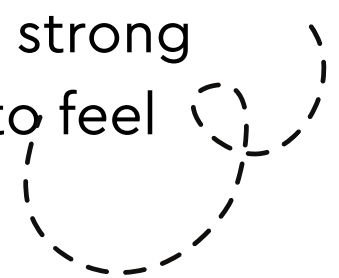
Continue for at least 6 cycles of breath, or as long as you like. After completing Bhramari breathing, take a few moments to sit in silence and allow yourself to breathe naturally.



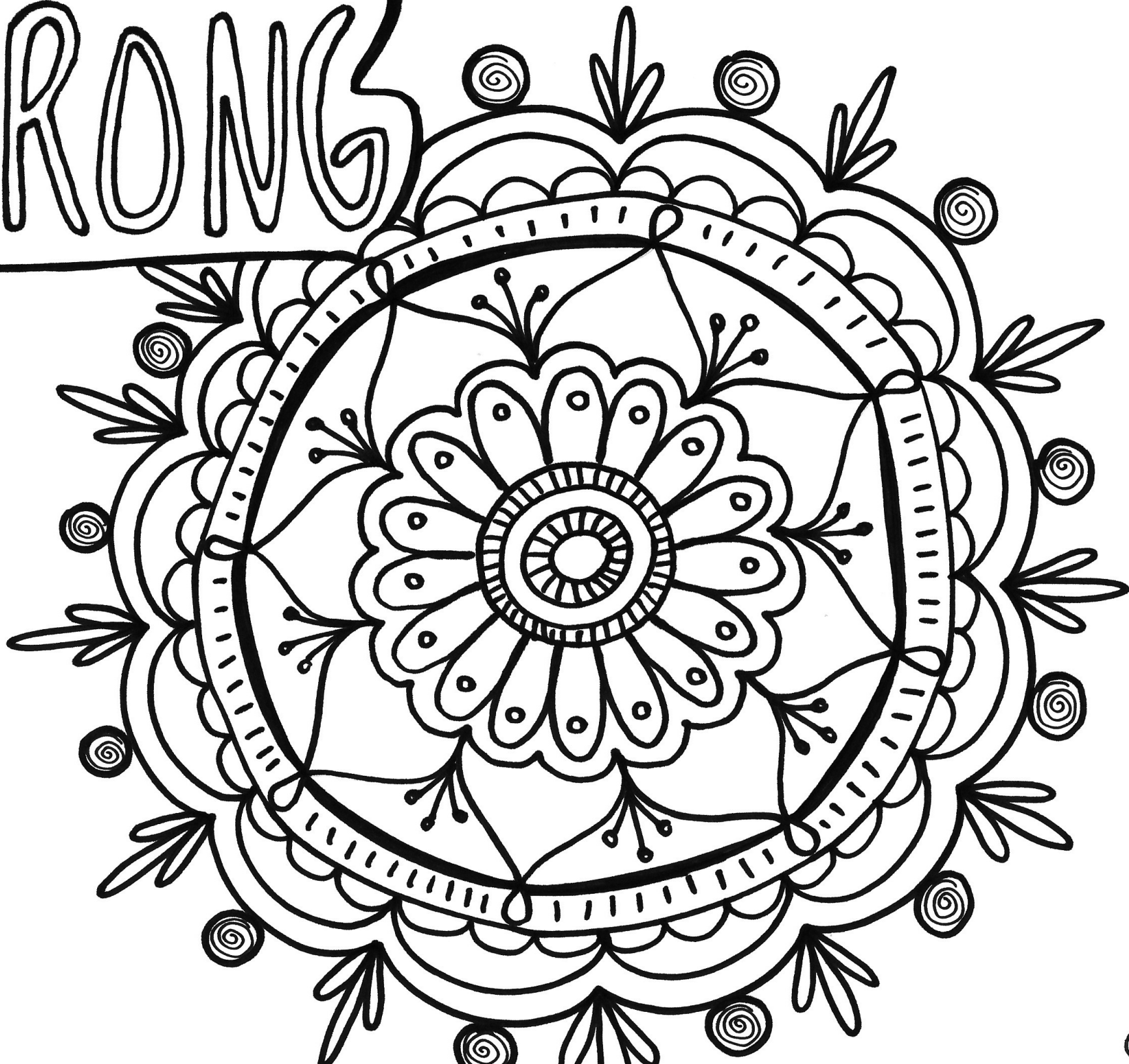
While practicing Bhramari breath, notice if you can feel the vibration of your humming in your face. You may notice a vibrating sensation in your jaw, cheek bones, teeth, or maybe even on the surface of your skin. If you are having trouble feeling the vibration, try humming at a higher pitch.



Practice balancing the effort of your hum that it is strong enough to feel the vibration but gentle enough to feel calming and relaxing.



STRONG



Triangle Pose

Calming pose to reduce stress. It stretches the legs and chest while building back strength.

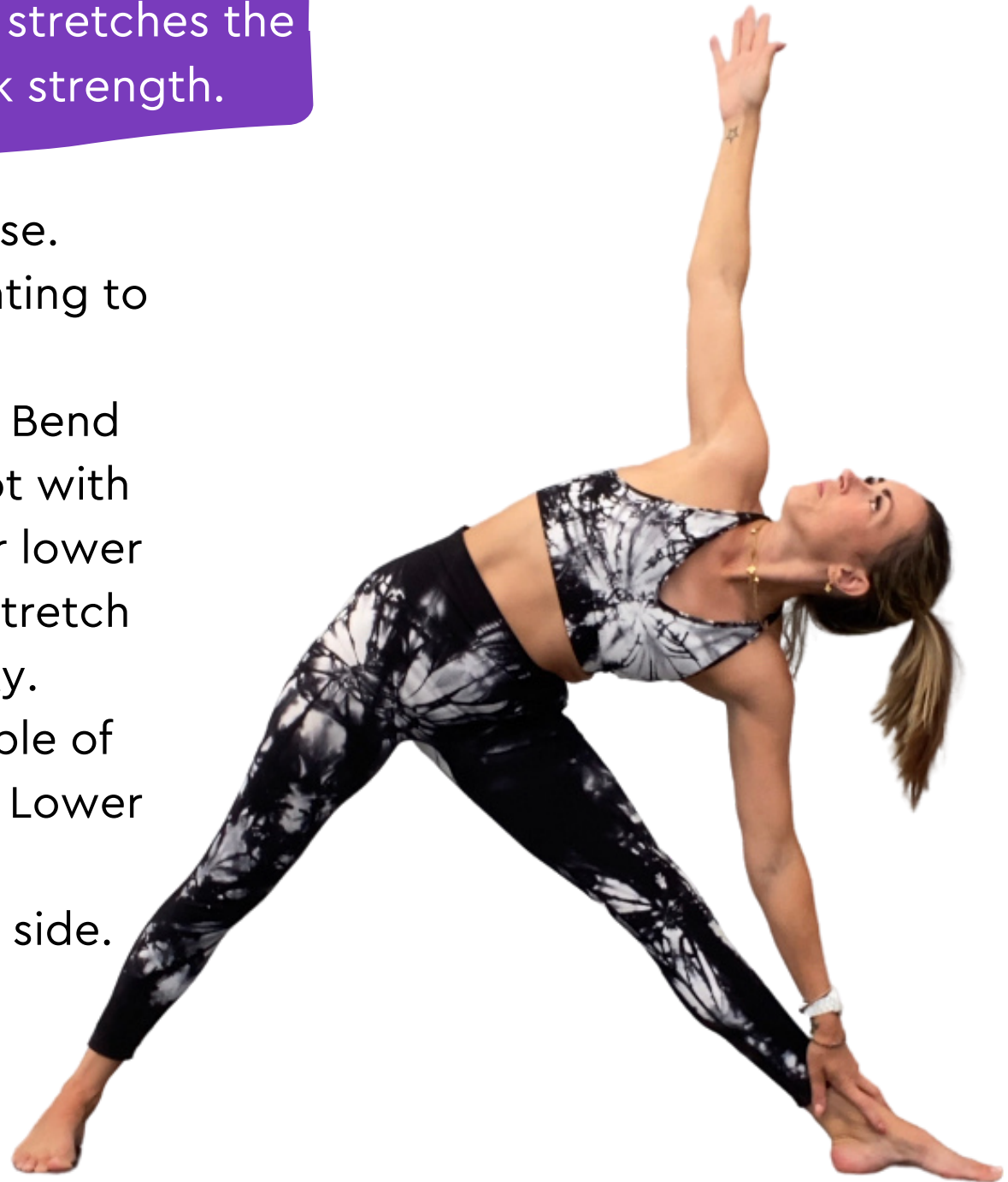
Try it: Step 1 Begin in Star Pose.

Step 2 Turn one foot, so it is pointing to the side.

Step 3 Keep your arms straight. Bend through your hips, over your foot with your toes pointing out. Rest your lower hand on your shin or ankle and stretch your upper arm up to the sky.

Step 4 Hold this pose for a couple of breaths, then return to standing. Lower your hands to your sides.

Step 5 Repeat on your opposite side.



Marichyasana variation

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



Marichi was a sage whose father, Brahma, is the Creator of this Universe under the Hindu mythology. In Sanskrit, marichi means ray of light. Marichyasana gets its name after the sage Marichi.

Begin seated, bring your right foot into the crease of your hip. If this is uncomfortable then place it under your bottom and sit on it. Bend your left leg bring the foot as close to your pubic bone as you can. Now take your left arm and take it around your left knee and try take the right arm behind your back. Try to clasp the hands together. You can use a rope or strap if your hands don't reach to help here. Lastly inhale and exhale slowly take your head down toward your knee. Repeat on opposite side.



Tree Pose

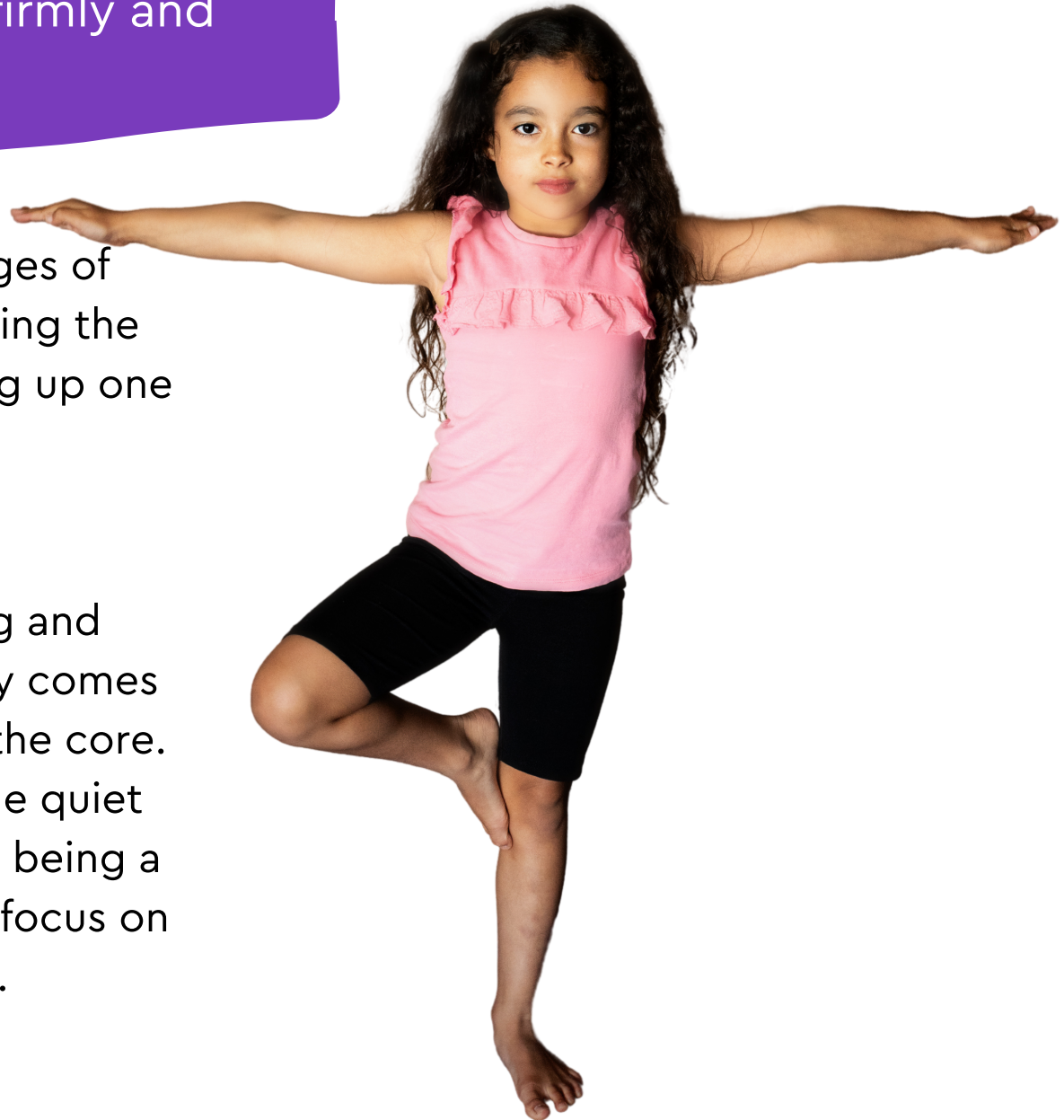
Stay grounded, place your roots firmly and find some calm and balance.

This pose can be done by all ages of children. To modify this pose bring the arms to the heart and slightly bring up one foot

Mantra: I am kind

This pose is great for balancing and improving concentration. Stability comes from tightening and lengthening the core.

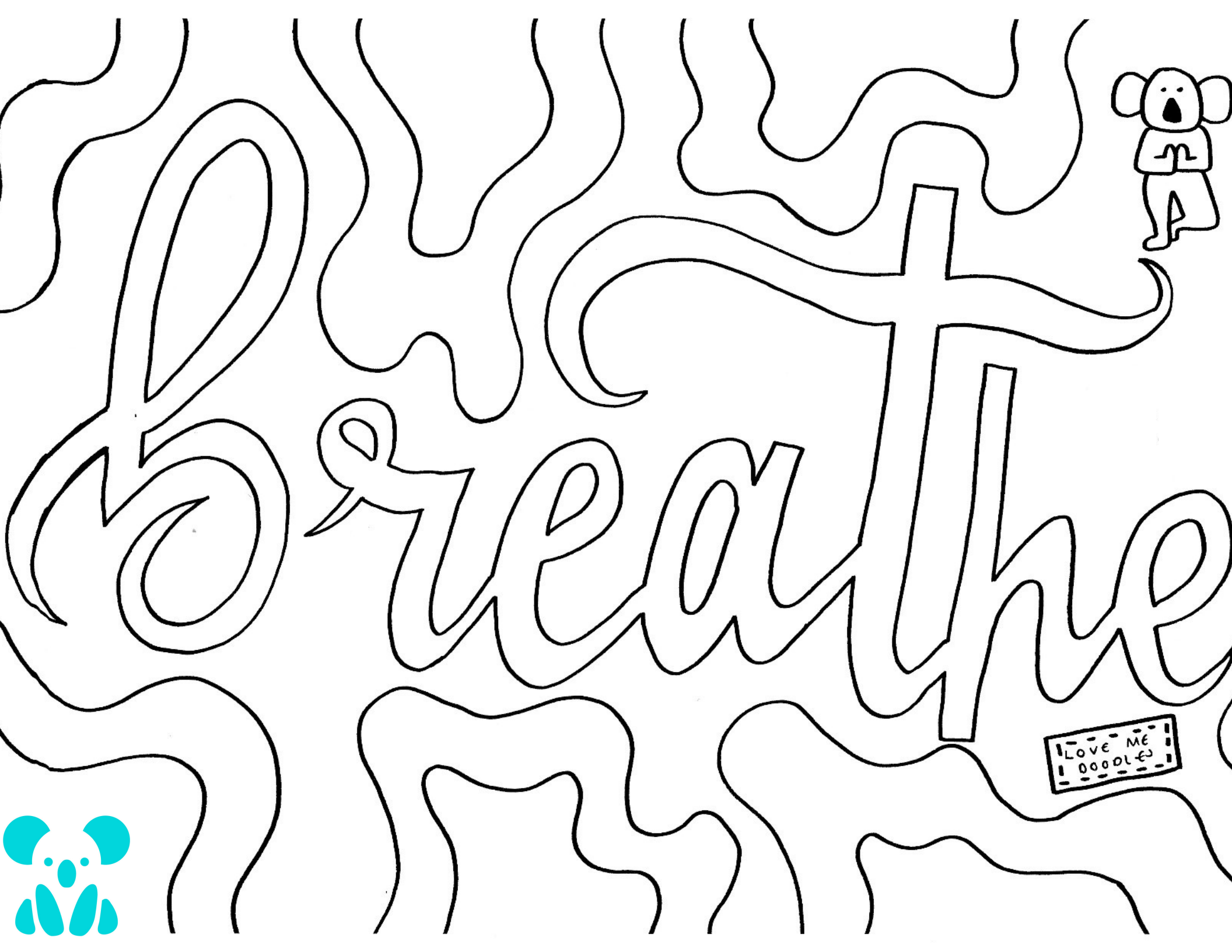
Hold the Tree pose and find some quiet time. Quiet the mind and imagine being a tree. Gaze out into the forest and focus on the grounding of your leg.



How to Tree pose

1. Stand up straight and tall in mountain pose. Take in a deep breath.
2. Look ahead and find a point (this can be an object, a wall, or window) to focus on.
3. As you breathe out, slowly bring up your left foot. Bend your knee, and place your left foot on the inside part of your right leg.
4. Relax and straighten the left leg on the floor, shifting your weight into the foot. Ground it – imagine it being a tree root, weaving through the Earth and hold steady.
5. Inhale and bring your hands to your sides. Reach out like branches on a tree.
6. Exhale and bring the hands together in front of your heart. Then lift them strongly overhead. You are a growing tree!
7. Hold the pose and gaze ahead. Imagine being a tree. What type of tree are you? Are you in a grove? In the middle of a meadow? In a park? Think about where trees live.
8. Toddlers and preschoolers, hold for just a quick moment. Big kids, see how long you can stay in the pose!
9. When you feel done, return your leg to the ground and arms to the sides. Now repeat with the other leg to be balanced.





Breathe

LOVE ME
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Meditation Medicine

Put thoughts aside and go deep within!

Sit still with your eyes closed, and count slowly from 1 to 10. If any thought comes into your mind, immediately go back to 1. Watch for even the smallest thought. It is a practice of sincerity between you and yourself, so even the smallest thought, even a sound, even the thought "I'm already at number 3"... you need to go back to 1.

This exercise helps us become more aware of our thoughts. The thoughts we are not aware of are the ones that make us feel what we feel and want what we want and push us into actions we might not have done with more conscious thought.

The first step in being able to change our thoughts and redirect where our life is heading is to be aware of those small quiet thoughts. One to two minutes of this exercise is more than enough.



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!

Savasana

It's time to relax in what can be the most challenging pose of all!

Being still is not as easy as we might think and this pose takes a lot of practice. Even if this pose is a struggle at the beginning, we can still receive tons of benefits including a calm mind, stress relief, physical relaxation and reduction in headaches, fatigue and insomnia.



But we all know how to relax, right? Not necessarily...while relaxation is both a normal and necessary physical state, over stimulation and stress often prevent us from truly relaxing. When we start practicing relaxation, our minds may actually seem to get louder as we remove all other distractions.

Find a quiet comfortable spot and lie on a mat, roll your head from left to right to find a resting spot, hands by your side and let your feet fall to the sides. Close your eyes and begin focusing on the the breath. Breathing in for three and out for three. Follow the worry soap exercise.



Worry Soap

Begin by taking a deep breath in through your nose and out through your mouth. (Pause) Good!

Now take another one, more slowly this time: in through your nose, filling up your lungs like a balloon, and let it out slowly and as long as you can through your mouth. Wonderful!

Now check in with your body. Turn your attention inside and see if you might find where a worry would be. Maybe it is inside your thoughts in your head? Or maybe you are carrying a worry in your tummy? Just notice if there is anywhere a worry pops up. It's okay if you don't find one too. Is there a place where you are feeling stressed or tension? Notice that place. (Pause) Good job!

Imagine that you have your very own power washing tool of colored sparkly worry erasing bubble soap. What color is your worry soap? Maybe it is neon or glittery? Maybe it is a specific color? Just notice if you had worry soap what it would look like right now.

Now imagine that you have that giant bottle of pretty worry soap and you can squish it all over your hands, making lots of foamy, soft, squishy bubbles. Take those bubbles and begin to scrub those places where you found the worries. Scrub. Scrub. Scrub all the worries away. These are magical bubbles that immediately have the power to erase any worry they touch.

Allow these bubbles to flow and float to any place in your body that needs to be worry free. Wash away any worries that you have. Feel how peaceful these bubbles are. Light, relaxing, and peaceful.

(Pause)

Now, finish up by imagining a stream of cool, calming water that calms you and makes you feel as if you can easily float, worry free, clean of worries for just right now, this minute. Feeling so peaceful, so relaxed, so calm. Rest here feeling that calmness and peace.

(Pause)

You can begin to wiggle your fingers and your toes, slowly bringing your attention back to the room. You can open your eyes when you are ready.

