



**KALMA MINDS**

**AND WELLBEING**

Anti Bullying Wellness Pack

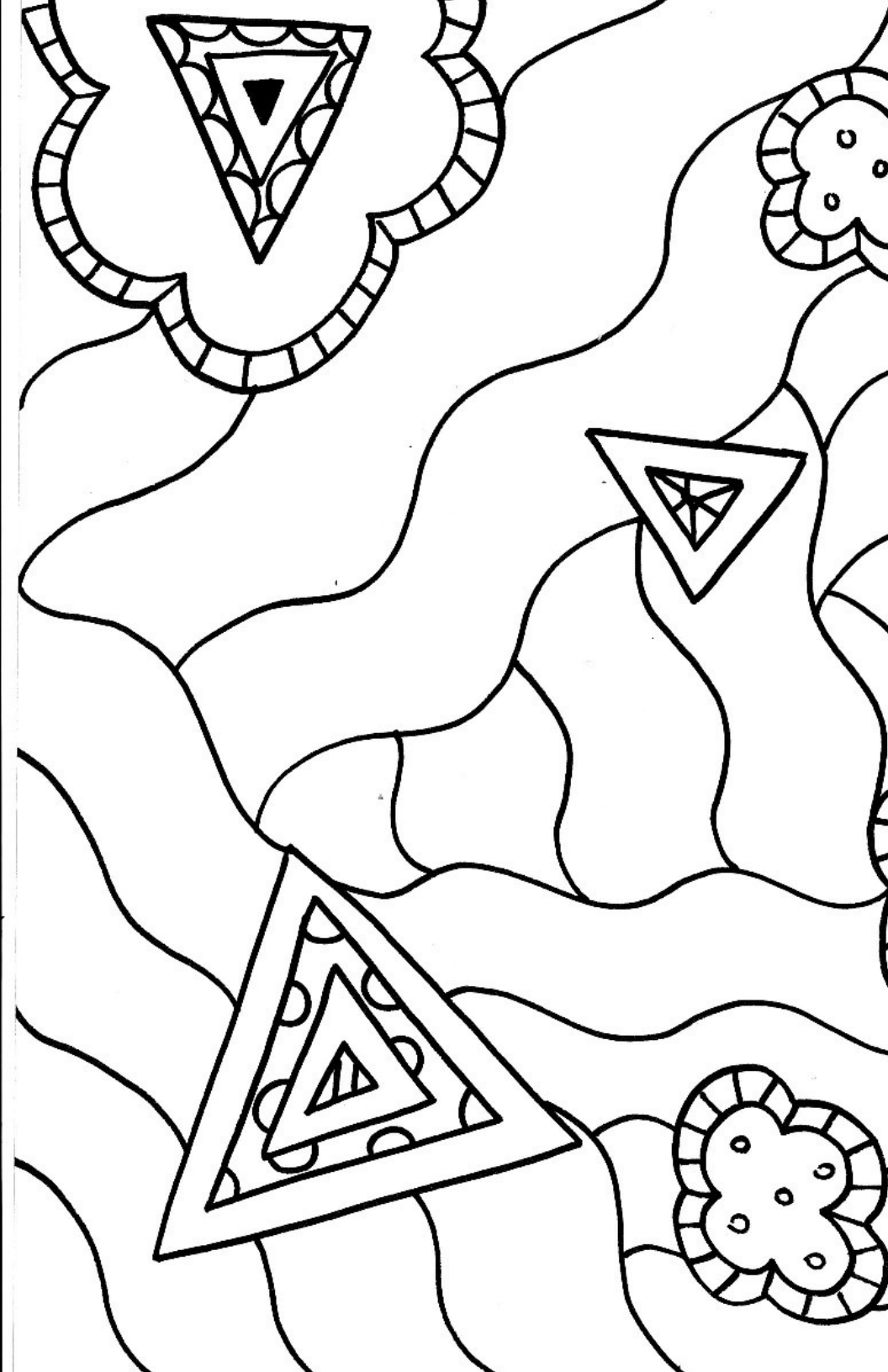
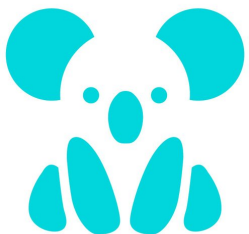
Welcome to our Anti Bullying  
Yoga wellness pack!

This years theme is one kind  
word and we believe that this  
starts with you.

Inside this pack you will find  
tools to support you should you  
ever come across a stressful  
situation whereby you find  
people are being unkind to you.

Remember, bullying can come  
in the forms of cyber, physical,  
social and verbal. We hope you  
find this a helpful pack.

Love, Team Kalma x



# Affirmations

Kindness starts with you! How kind are you to yourself? Do you talk to yourself nicely? One way we can do this is to use affirmations. These are positive statements that can help you to challenge and overcome self-sabotaging and negative thoughts. When you repeat them often, and believe in them, you can start to make positive changes. Try some of these ones or think of some of your own to use daily!

*I am worthy of everything*

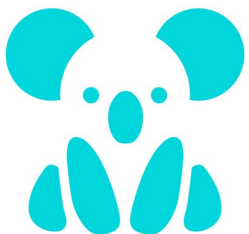
*I control my emotions  
they do not control me*

*I compare myself only  
to my higher self*

*I see the beauty in all*

*I belong and I am good  
enough*

*I love myself completely  
I love myself*



# Kindness BINGO

Lets start this pack by spreading some kindness...why?

Because kindness promotes empathy and compassion: which in turn, leads to a sense of interconnectedness with others. When we practice random acts of kindness, it releases positivity. We feel better and the recipients of our acts feel better, which then makes them more likely to be kind to other people!

On the next page you will find our Random acts of kindness BINGO sheet. We challenge you to complete all of the boxes. You have the power to transform the culture at your school, within your friendship group and the world around you! Make these places kinder, more thoughtful places.





Share  
something  
with  
someone

Write  
someone a  
thank you  
note

Volunteer  
for  
something

Give  
someone a  
compliment

Share a  
smile with  
someone

Make a  
new  
friend

Ask  
someone  
about their  
day

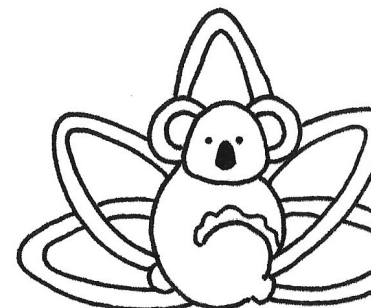
Make  
someone  
laugh today

Help  
someone  
out

# STRONG



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Kalma Wellbeing  
supporting bodies & minds

# Resilience

Sometimes bad stuff happens in different forms. School pressure, friendship struggles and bullying. We all have tough times in life.

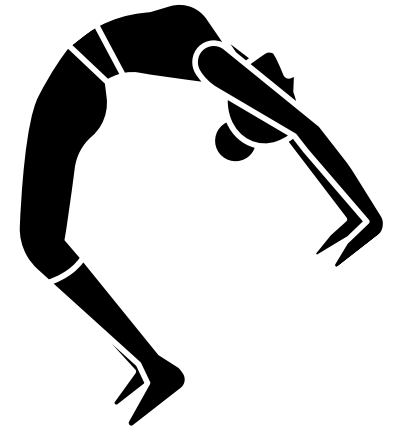
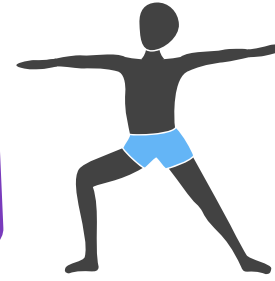
Tough times require finding your courage and becoming more resilient as well as remaining soft and compassionate.

Being resilient is getting back up after you fall, bouncing back from stress, challenge, tragedy, trauma or adversity. You are capable of extraordinary things-don't let anyone bring you down! The potential for happiness and greatness lies in you and will mean different things to different people.

When we are resilient, we are braver, more curious, more adaptable, and more able to extend our reach into the world. The activity's that follow will help strengthen you towards resilience.



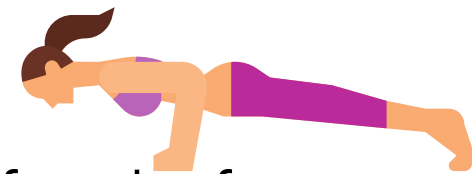
# Stick It Out



Resilience is sticking at it even when things get tough. Let's see how long you can stay in the 5 poses below for.



- Planking on the forearms - Like plank pose but instead of the palms on the floor, place your forearms there
- Warrior 2 - How long you can keep your arms up?
- Tree Pose - How long can you balance?
- Chaturanga Dandasana or Four-Limbed Staff pose, also known as Low Plank (like the image to the right)
- Wheel Pose



Remember it doesn't matter how long you stay there for, the fact that you did it as long as YOU can, shows that you have resilience!



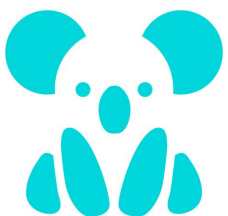
# Jazz Hand Mudra

**Whether we experience anxiety due to a traumatic event or the ongoing stresses of daily modern life, relaxing doesn't always happen automatically. We can trick our bodies into thinking we are safe. The Jazz hand mudra can help increase a sense of calm.**



- Sit up or stand with a straight spine
- Raise arms while bending elbows, spread the fingers outward and pointing upward
- Rotate wrists pivoting back and forth. Repeat taking long, slow, deep breaths
- Do this when you feel anxious or nervous until you feel more centered.

If you're having a hard time creating a mental image of this mudra you can think about jazz hands at ear level, but with a twisting motion as well.

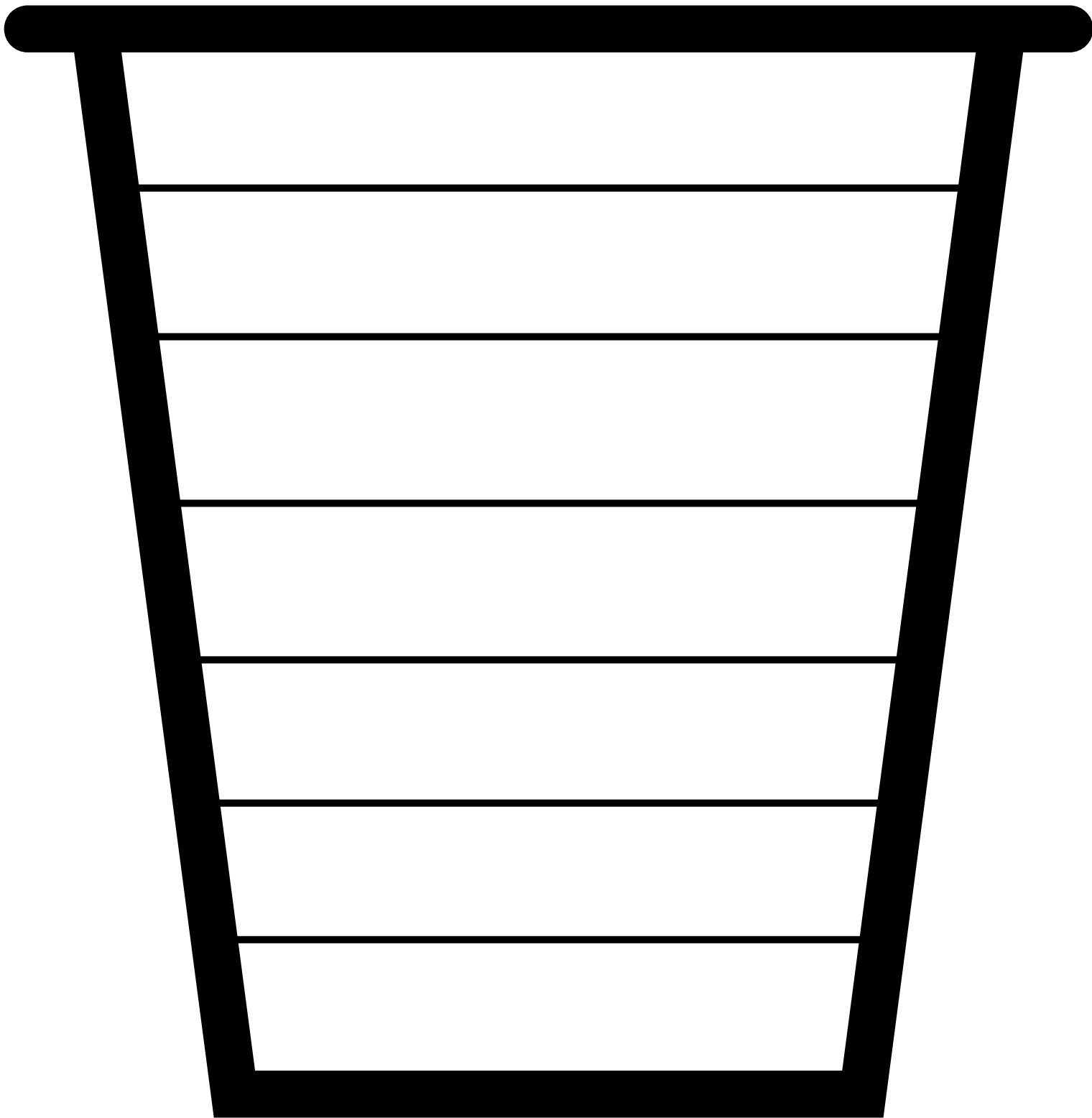


# Kindness Bucket

Each stripe on your bucket represents a day of the week. For each of the next 7 days try to complete an act of kindness.

For each one, colour in a stripe on the bucket (starting at the bottom), and write what you did. By the end of the week, you will have a colourful striped bucket of kindness!

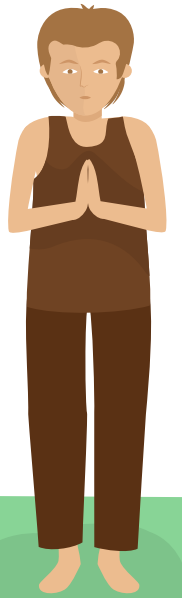




# Resilience Flow

## Mountain pose

Steady your body. Let the breath flow easily in and out. Fix your sight, focus on what is important to you.



## Warrior pose

Centred and grounded. Focus upon the reason you fight. Anchor your body and focus forward with your gaze.



## Eagle pose

Rise as a sharply focused Eagle watching over every being in the Universe, ensuring that they are taken care of.



## Dancer pose

This gives a feeling of growth. Filling the chest with confidence and power.





# Breathing

Did you know breathing in its simplest form can dramatically help reduce anxiety, depression and anger and there is some actual science to back up our facts!

If we extend the inhale of our breath, such as in moments of heightened stress, we activate the sympathetic nervous system, our heart rate increases and we generally feel more alert and active. This is our 'fight or flight' switch.

If we bring a focus to the exhale of our breath we stimulate the vagus nerve which makes up 80% of our parasympathetic nervous system. It's responsible for relaxation, digestion and is connected to many organs throughout the body responsible for supporting a healthy immune system together encouraging our emotional wellbeing. If we extend our exhale of breath we enter a slower, calmer state of being.



# The Flower Breath

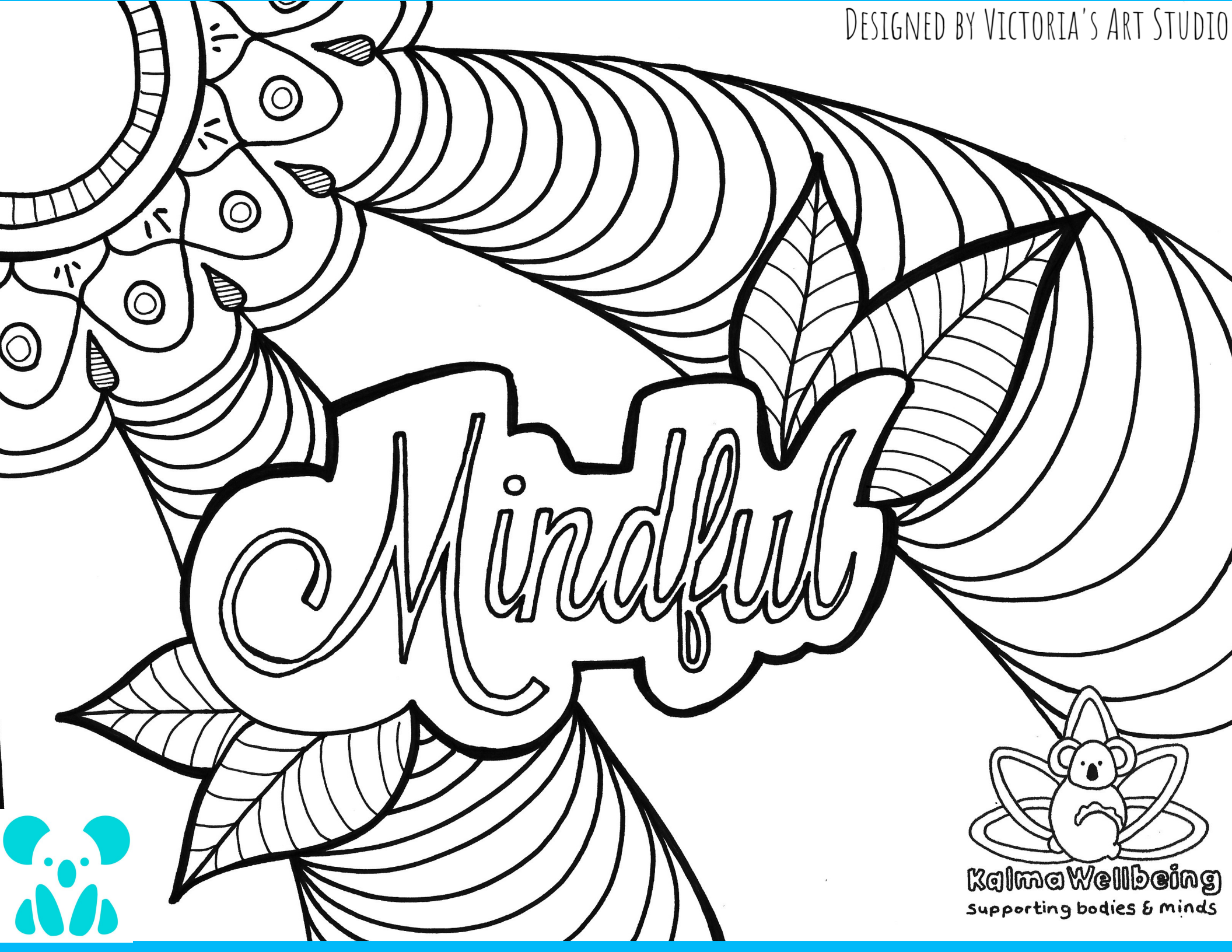


**Try this breath with your focus more so on the exhale to really calm the mind and the body!**

- Collect a flower, or you can visualise your favorite flower.
- Sitting comfortably, take a breath in deeply. While doing so, take a BIG whiff of the flower's scent.
- Hold your breath for a count of 3.
- Exhale through your mouth for a count of 4.
- Repeat for five minutes.



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# Name My Feelings

**Sit comfortably and close your eyes. Take a deep breath in and out. Now, just see what happens as you do nothing but breathe.**

For example: You may feel tired and want to go to sleep. When you feel this, just say to yourself, "I feel tired."

You may start thinking about something that upset you at lunch. Just say to yourself, "I feel upset."

Your mind may wander to the birthday party you are supposed to go to this weekend. Just say to yourself, "I am excited." Every time you notice a feeling, say, "I am [the feeling]." And continue to breathe. In and out. If your mind stays on that feeling, just feel it. But once it starts wandering and you feel something else, notice the new feeling. After five minutes, you can take a deep breath and go on with your day. Create a list of your feelings. Keep adding to this list. Naming your feelings is really powerful!





# 7 Rules To Remember

Let it go- never ruin a good day by thinking about a bad one yesterday

Ignore them- never listen to others, live a life empowering to you

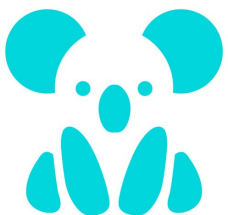
Give it time- time heals everything

Don't compare- the only person you should try to beat is the person you were yesterday

Its on you- only you are in charge of your happiness

Stay calm- it's OK to not have it all figured out. Know that everything is as it should be right now.

Smile at the world and the world will smile back at you.



# Relax



Take 5 breathing.

Begin sitting comfortably but with one hand stretched out in front of you like a star and the pointer finger of the other hand ready to trace the outstretched hand. As you breathe in, trace the outside of the thumb, and as you exhale, trace the inside, repeating a breath in and out for the inside and outside of each finger.



Start by relaxing from the breath above. Breathe deeply into the stomach and out again. Imagine calm as a colour. What colour would this be? Imagine your stress or overwhelm as a colour. What colour would this be? Breathe in the colour you imagined for calm and breathe out the colour for the stress. Repeat this by taking slow deep breaths for one minute.

