



Dear Children, Parents, Teachers and Carers,

*Thank you for downloading our most recent complimentary bundle of zen.
We have sprinkled our bundle of zen pack with lots of love & relaxation especially for you.*

Inside you will find some unique Holistic Kidz™ relaxation techniques & activities, that are included in our Relaxation Class and Forest School Camp Programs.

We know you may be feeling a little worried about the virus that is going around at the moment, but we are here to reassure you that all of the adults in the world are using their super hero powers to protect you all and keep you safe.

Guess what?

You can use your super hero powers too!

You can eat plenty of fruit & vegetables, get out in nature, meditate, exercise daily, take plenty of rest, enjoy home schooling and share your positivity and love with all of your family

We hope you enjoy your complimentary bundle of zen either at home or in your Educational Setting.

There are lots of enjoyable and calming activities inside, to help you relax and stay grounded during the next little while

*Please continue to remain strong, positive and healthy Super Hero's!
You have got this!*

Lots of Love

Holistic Kidz Team Xo

“Behind every great child who believes in themselves, is an adult who believed first”

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Positive Affirmations are a lovely way to remind yourself on a daily basis just how special you really are. You can make up your own super unique affirmations with your family at home or with your teacher at school. Repeat these to yourself or within a group each day. Our coaches like to do first thing in the morning when they wake up and last thing at night before they go to bed.

To get you started **Holistic Kidz™** have provided a few examples for you below

I am healthy

I am strong

I am special because...

I am a super hero and my special powers are...

I am easy breezy relaxed

I am unique

I am a super star

I am braver than a dinosaur

I am a ray of sunshine

I am unstoppable

I am love

I am peaceful

I am protected always

I am grateful for...

A Happy Jar is a special way of reminding yourself just how incredible you truly are!

Write down positive affirmations or things that make you feel grateful on pieces of paper, fill your jar up with these, take out as many as you like each day and read out loud, just to remind you what a super star you truly are! This is a wonderful method you can use to highlight your child's weekly achievements, promote self-love, boost their self-esteem and enhance communication and relationship bonds within your family or Educational Setting.

You will need:

An old jar

Pieces of paper

Crayon

“Holistic Kidz reach for the stars & sparkle 24:7” ©

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"If my tummy is feeling sad...I'm having wiggle niddle thoughts from a long time ago

If my tummy is feeling wonkey donkey ...I'm having wiggle niddle thoughts about the future

If my thoughts and tummy feel happy and calm...I am living in the present moment" ©

Coach Colette

Holistic Kidz

Holistic Kidz™ Mindfulness & Breathing Exercises

How to live in the present moment with our thoughts is one of the very first things we teach our Holistic Kidz at both our Relaxation Class and Forest School camps

There are so many benefits children gain from teaching their busy thoughts how to become more relaxed & mindful:

Promotes inner happiness & confidence

Promotes healthy emotional intelligence

You learn to be grateful for every moment

Reduces anxiety and over thinking thoughts

*"Why fit in, when you were born to **STAND OUT**" Dr. Seuss*

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Holistic Kidz™ Mindfulness & Breathing Activities

Holistic Kidz™ Yummy Scrummy

Gently close your eyes

Take a breath in of relaxation

Blow out your niggles

(repeat 3 times)

Encourage your child to quietly focus on first the smell and then the sensation
& touch of the chocolate in their hand

Encourage your child to gently listen to the sound while opening their
chocolate

Now for the best bit as your child is slowly eating their chocolate, encourage
them to imagine that with every yummy taste, their busy thoughts are melting
away just like the chocolate melts away in their mouth

The idea here is to make the experience focused and slow, and for your child
to pay attention to every detail using all their senses.

You will need:

Your favourite chocolate bar

A quiet place to relax

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Holistic Kidz™
Take five & Breathe...

You can do this exercise yourself or ask a family member to do it for you
This is a lovely exercise to use when you are getting ready for your night's sleep.

Sitting or lying down gently become conscious of your hand
Spread it out like a pancake and using your own finger or with someone else tracing your hand
Breathe in peace as you trace the finger up the outside of the hand and fingers
then breathe out worries as you trace the finger down the edge of the hand and fingers
Tracing mindfully around the hand will make up 5 breaths in and 5 breaths out

Holistic Kidz™
Rollie Pollies

Sitting up with crossed legs
Gently breathe in laughter while you roll up your shoulders up to touch your ears
Gently breathe out your giggles as you roll your shoulders back down again into their natural position
Always remember whatever feelings you breathe out have been blown away for good!

Holistic Kidz™
Connection Meditation

You will need a partner for this one
Sit down Infront of each other and gently hold hands
Breathe in happy thoughts and breathe out worries together at the same time,
repeat until you begin to feel relaxed
Take turns asking each other happy questions such as where is your favourite
place to visit? What are your favourite things to do? What makes you feel
happy? Or maybe tell a funny joke...
When both of you are speaking imagine surrounding yourself and your partner
in a rainbow bubble of love and happy thoughts, that will keep you protected
in that happy feeling all day long

Holistic Kidz™
Just like a tree meditation

This is a nice exercise to do barefoot outside in nature
Sit or lie down with your feet connected to the ground
Imagine you are a tree in spring and can hear the sound of the birds and bees
tweeting and buzzing around you
Take in the smell of the fresh air, flowers and grass
Breathe in sunshine and breathe out rain storms, continue to do this
throughout
With every sunshine breath in imagine a new colourful leaf growing on your
branches (arms and legs) ...imagine each leaf as a calming emotion for example
happy, calm, inner peace, confidence, love, kind, healthy....and feel these
emotions growing inside you as you grow your colourful leaves in your mind.

***“Imagine your thoughts are like a garden and you get to choose which seeds
to plant in it...You can choose seeds of positivity, love and abundance or you
can choose seeds of negativity, fear and lack”***

Holistic Kidz™ Relaxation Activities to try at home or in your Educational Setting

Make a Worry Spray to use to help sprinkle any worries away....

When you feel a little wonky donkey, you can use your potion to spray on your head or tummy. Using it on your pillow at night will help you drift off into a happy sleep. This relaxation method has a positive psychological effect on a child and encourages them to feel empowered whilst confidently remaining in control of their own thoughts

Suggested ingredients:

Flower petals

Water

Essential oils

A Home-made journal is a lovely activity that your child can enjoy recording their daily activities, thoughts and feelings and achievements with words or drawings. Children can get creative with photographs, stickers, concert tickets, magazine cuttings and all special things that make them smile

Ingredients:

A scrapbook or plain paper exercise jotter

Creativity and a smile

Get out in nature:

Roll down hills, climb trees and jump in puddles! You would be surprised how liberating all of these fun nature activities are and yes even for us adults!

15-Minute Silly Session

Put on your favourite songs to dance and sing around your home like no one is watching, make jokes together and most importantly laugh, smile and laugh even more. This will help increase endorphins and they say laughter is the best medicine!

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