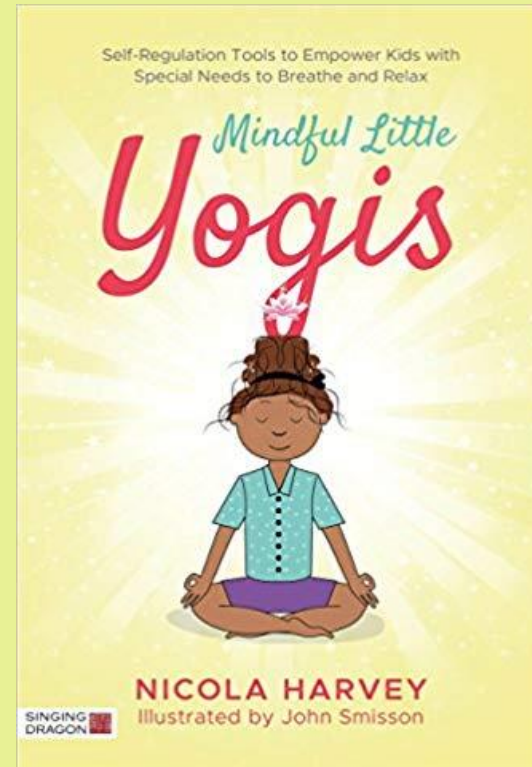


Mindful Little
Yogis



Hello!

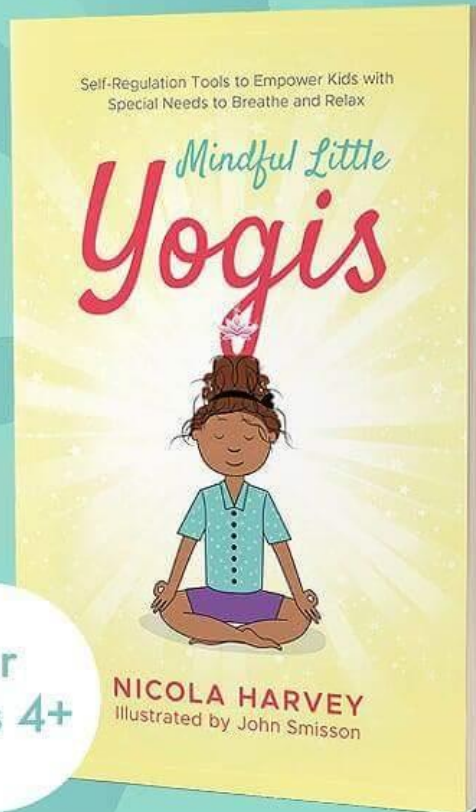


Nicola Harvey

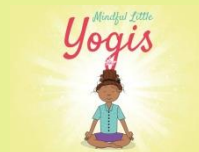
Special Needs Teacher, Author of Mindful Little Yogis and
Children's Mindfulness Practitioner



Inclusive Mindfulness Book



A fun collection of yoga breath and mindfulness activities for kids



Introducing the S.T.A.R Model



S

Stop

T

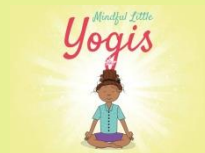
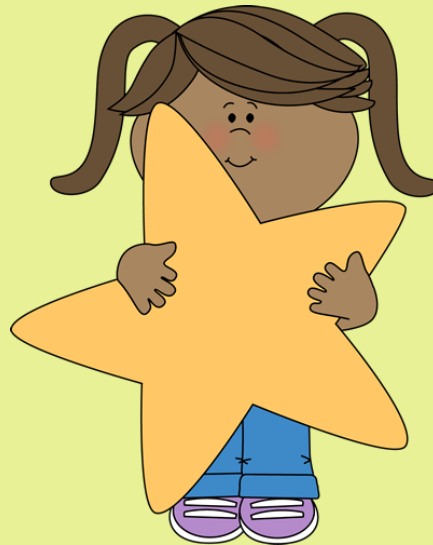
Take a
Breath

A

And...

R

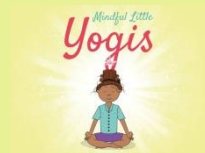
Relax





Stop

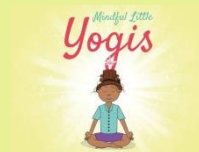
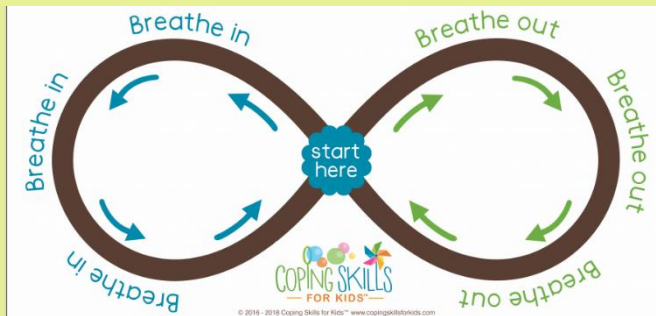
Pause for a few moments to
'check-in' on how you feel





Take a Breath

- Deep breaths
- Take 5
- Palming
- Lazy Eight Breathing





A

And...

54321 Grounding and anything that brings children into the here and now...



Simple grounding exercise:

5 Things you see

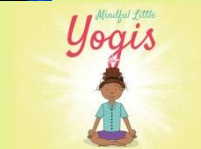
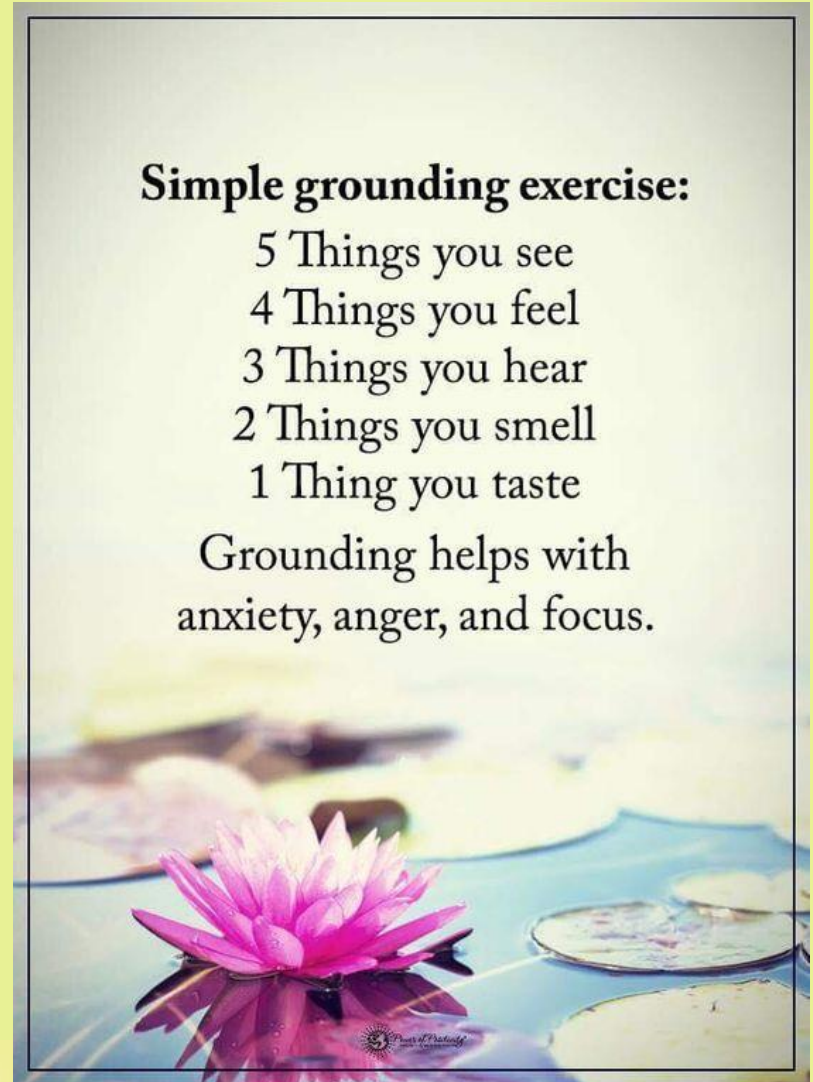
4 Things you feel

3 Things you hear

2 Things you smell

1 Thing you taste

Grounding helps with anxiety, anger, and focus.

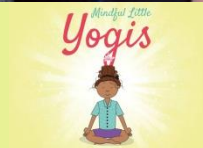




R

Relax

Create a safe, calming space for relaxation





The S.T.A.R Model

S

Stop

T

Take a
Breath

A

And...

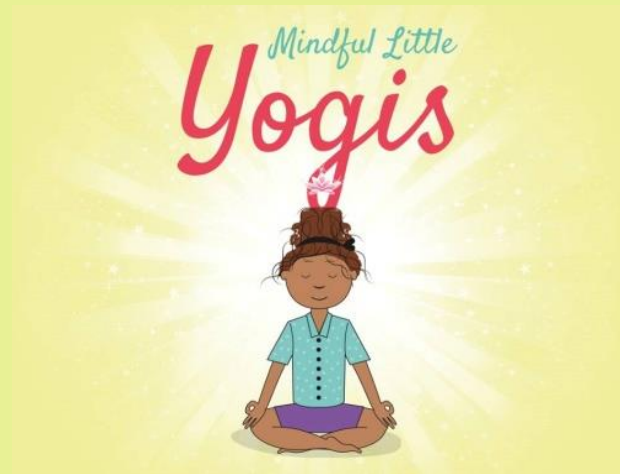
R

Relax





Keep in touch...



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