



MARCH 2020

Here are some ideas to bend, breathe & bloom each day. Share with me, I would love to hear from you! xo

MON

TUE

WED

THU

FRI

9	10	11	12	13
<p>Make a list of 3 questions you have right now.</p> <p>Maybe it's about something you are confused about, or worried about, or wonder about. Show an adult and ask them for help answering your questions.</p>	<p>Practice Balloon Breathing. Here's how:</p> <p>Sit up tall. Put one hand on your belly. Take a big breath in, filling up your belly like a balloon. Pause. Slowly breathe out emptying your balloon belly.</p>	<p>How you can help at home today?</p> <p>Ask an adult how you can be helpful and do 3 chores.</p>	<p>Who are you grateful for?</p> <p>Draw a picture or write about the person that you comes to your mind.</p>	<p>Notice everything around you.</p> <p>Go outside for a walk (if you can), or look out your window. What colors do you see in the sky? On the ground? Around you?</p>
16	17	18	19	20
<p>Send someone a kind wish.</p> <p>Share it in a letter, or draw about the wish, or call that person, or even just quietly make the wish in your mind.</p> <p>Maybe to me? Yesterday was my birthday!</p>	<p>Make a THANK YOU card to someone.</p> <p>Maybe to a family member? Or a teacher? Or a friend? Or even someone in your community?</p> <p>If you can, send it in the mail to that person!</p>	<p>Just be.</p> <p>Take ONE minute to sit still.</p> <p>What sounds do you hear?</p> <p>Notice how you feel.</p> <p>Challenge...</p> <p>Can you do this for TWO minutes? Maybe THREE?</p>	<p>Play Feelings Charades.</p> <p>Act out a feeling and see who can guess!</p> <p>Can you do 3 rounds using 3 different emotions?</p>	<p>What makes a good friend?</p> <p>Create a recipe with at least 5 ingredients for what makes a good friend.</p> <p>For example,</p> <p>1 cup of kindness</p> <p>2 tsp. of funny</p>
23	24	25	26	27
<p>Start the new week with Rainbow Breath.</p> <p>Here's how:</p> <p>Sit tall. Raise your arms up over your head. Lean and stretch to one side while you breathe in the color red.</p> <p>Lean to the other side and breathe out the color red.</p> <p>Lean and stretch to one side again, breathing in orange.</p> <p>Lean to the other side and breathe out orange.</p> <p>Continue to breathe and paint all the colors of the rainbow above you.</p>	<p>Practice Self-Control and have fun while doing it.</p> <p>Play RED LIGHT / GREEN LIGHT.</p> <p>Green light, move towards a finish line, maybe it's the other side of the room.</p> <p>Red light, freeze in a yoga pose.</p>	<p>What are you grateful for?</p> <p>Is it a place? A thing? A memory?</p> <p>Draw or write about it.</p> <p>Notice how you feel when you think about it.</p>	<p>Write an acrostic poem for the word compassion.</p> <p>This is a poem where the first letter of each line spell out the word compassion.</p> <p>Compassion means showing kindness, love, and willingness to help others.</p>	<p>Move your body.</p> <p>Can you move your body into shapes to make these letters? L O V E</p> <p>Challenge:</p> <p>Try to make these letters with somebody in your home!</p>