



Bear Breath

Stand tall with your arms by your side. Take a big breath in to the count of 3 and as you breathe out roar like a bear waking up from a nap.



Llama Breath

Sitting up nice and tall, take a big breath into your belly and as you breathe out stick your tongue out like a Llama!



Snowflake Meditation

Lie down and close your eyes. Imagine thousands of beautiful magical snowflakes are gently landing on you. Each snowflake is filled with happiness and joy. Feel yourself becoming happier and happier as you lay there. Take a big breath in and send out lots of happiness to all the people you love.



Elf-irmation

Repeat these words very quietly **"I AM MAGICAL LIKE AN ELF"** and then say them a little louder and a little louder until you really feel their power!