



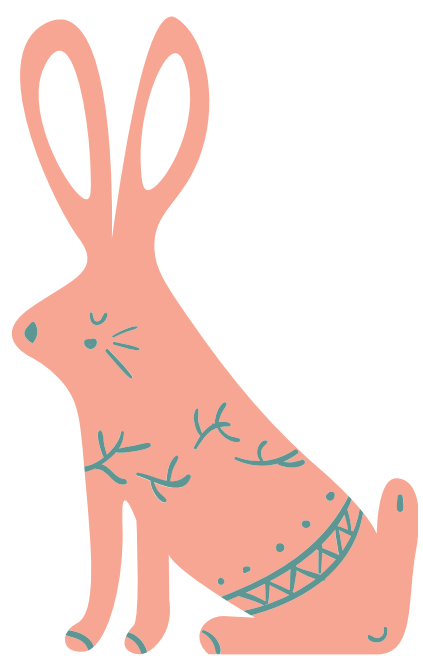
Warm Mittens Breath

Cup your hands around your mouth, take a deep breath in and blow gently into your hands. Your breath will warm your hands up as if you were wearing warm mittens.



Heart Breath

Can you trace one side of the heart as you breathe in and the other as you breathe out? Think about someone you love very much when you are breathing nice and calmly.



Cosy Rabbit Meditation

Lie down and close your eyes. Think about being a little rabbit in your home. You are curled up warm with your loved ones. You can smell the fresh grass and you can hear birds singing outside. You feel happy and cosy. You decide to hop outside and go on an adventure. You begin slowly by smelling the flowers and watching the clouds and then you hop all around the field feeling so happy and free. When you get tired you snuggle back in to your home and have a cuddle with your loved ones.



Snowman Affirmation

Repeat these words very quietly
**I AM A GOOD LISTENER LIKE
A SNOWMAN**
and then say them a little louder
and a little louder until you really
feel their power!