

CREATING BALANCE AT HOME DURING SHELTER IN PLACE

Parent and Student Resources for Balance

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Elder Meditation April 14th, 2020

“The base of all things is love and respect.”

-Vickie Downey, Tewa/Tesuque Pueblo

The greatest weapon of any Spiritual Warrior is Love. Love will change minds; love will forgive; love will let go; love will cause good luck; love will heal; love will cry; love will get rid of resentments; love will overcome fear. Love loves love. Any human who is loving will be guaranteed respect. Respect loves love. We need to love and respect ourselves.

Grandmother, Grandfather, today, lead me on the path of love.

Wellbriety Movement:
<http://wellbriety.com/meditations/>

Alphabet Scavenger Hunt

Materials Needed:

- Sticky Notes
- Marker
- Objects from around the house

What to Do:

Kids find objects around the house that begin with each letter of the alphabet. Kids will inevitably ask for help so create a list of words that begin with each letter that may be laying around the house.

Raising Dragons: <https://www.raisingdragons.com/>

Dedicated to raising Strong, Smart, and Amazing Kids. At home STEAM Activities

Guided Mindfulness Meditations

The guided mindfulness meditations progress through a series of stages, from focus to impermanence, helping you understand how to easily induce a calm, quiet state of meditation and mindfulness. Practicing these guided meditation techniques on a regular basis will help you feel better, more relaxed, with more energy, less anxiety and more focus in your daily life. They are accessible to anyone regardless of your age and experience.

Do Yoga With Me: <https://www.doyogawithme.com/yoga-meditation>

Free Guided Meditations, Visualizations, and Relaxations

Positive Thinking Tools

Practice Positive thinking each day for two minutes. Choose two phrases from below or make up your own. Breathe in silently saying the phrase; breathe out saying a different one.

I am good. I am kind. I am enough. I am smart. I am important. I am worthy. I learn from my challenges. I am gentle with myself. I am creative. I am loved.

Priceless Parenting: <https://www.pricelessparenting.com/chart-for-kids>

Free chart templates for planning daily routines and activities

The Group of Frogs

As a group of frogs was traveling through the woods, two of them fell into a deep pit. When the other frogs crowded around the pit and saw how deep it was, they told the two frogs that there was no hope left for them.

However, the two frogs decided to ignore what the others were saying and they proceeded to try and jump out of the pit.

Despite their efforts, the group of frogs at the top of the pit were still saying that they should just give up. That they would never make it out.

Eventually, one of the frogs took heed to what the others were saying and he gave up, falling down to his death. The other frog continued to jump as hard as he could. Again, the crowd of frogs yelled at him to stop the pain and just die.

He jumped even harder and finally made it out. When he got out, the other frogs said, "Did you not hear us?"

The frog explained to them that he was deaf. He thought they were encouraging him the entire time.

Wealthy Gorilla:

<https://wealthygorilla.com/10-most-inspirational-short-stories/>

Mission to inspire and motivate people around the World.