


ENTERTAIN YOUR LITTLE BIRDS THIS SCHOOL HOLIDAYS

BE A MINDFUL BIRD

Practicing mindfulness has a positive long-term effect on developing healthy minds. Being mindful can help young children calm themselves and become better problem solvers. Learning how to be present will also teach them to find peace and manage stressful situations to develop a productive outlook on life.



"Today we are going to be managing our anger through movements."

Try some of these exercises at home.

- 1.** Play a game where the children are blind folded and have to focus on their other senses. Place several small objects in front of them and ask them to touch, smell and describe
- 2.** Go for a mindful walk as a family. Encourage your kids to smell the flowers and feel the texture of leaves
- 3.** Practice breathing exercises with your little birds. Ask them to place their hands on their chest, take 10 deep breaths. Ask them how they feel afterwards
- 4.** Use music to help your little ones identify and express their feelings. Play angry music and ask them to move to it, then repeat the same exercise with classical music.
- 5.** Help make your child's doll/teddy come alive. When in bed you can ask 'how does your teddy feel right now'?

BROUGHT TO YOU BY

THE
ANGRY BIRDS
MOVIE