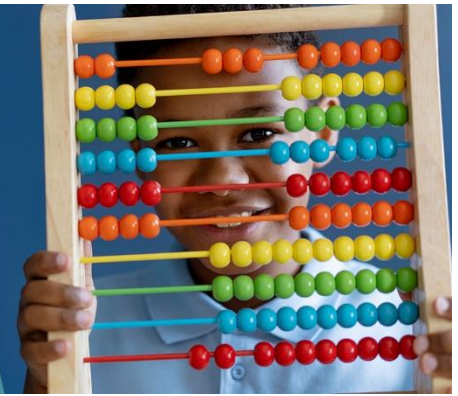


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SENSORY KITS

RESOURCES



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Theme: Mindful Moments

Meditation, yoga, and breathing exercises are some of the best ways to calm your mind and body. The books and activities in this kit are designed to teach and encourage calming practices through the tools included.

This kit contains:

- Two books to read together: *I am Peace* by Susan Verde encourages us to pay attention to our experiences (our feelings, sensations in the body, emotions and surroundings) without judgment but with kindness and curiosity. *Meditate with Me* by Mariam Gates is a gentle and clear step-by-step guide to meditation and mindfulness.
- Expanding Breathing Ball: Use this ball as a visual breathing tool. Slowly close the ball as you breath in and then open it again as you slowly exhale. By watching the ball expand and contract with each breath you can practice being mindful of your inhales and exhales.
 - There are various tools and phone apps available to assist with visual breathing.
- Liquid Motion Spiral Timer Toy: Turn the timer over to watch the bubbles form and slide down the track. This toy will capture your attention and the low stimulation of the experience will allow your mind and body to calm. Once you feel at peace, you are ready to move back into other activities.
- YOGi Yoga Cards: With many ways to play, these yoga cards and activities will encourage you to move, concentrate, and even relax. Practice activities outlined in the included instructions either inside or outdoors.
 - Yoga is a practice you can use throughout your life. Yoga can improve mental and physical health, help you maintain flexibility, and improve mindfulness.

MINDFULNESS EXERCISES

1



MINDFUL BREATHING

Focus on your breath, count your breaths, and be aware of your breath going in and out.

Take a few moments to think of something that you are grateful for and really let the feeling of gratitude sink in.



GRATITUDE PRACTICE

2

3



POSITIVE AFFIRMATIONS

Take time to repeat positive affirmations to yourself, such as “I am capable of achieving my goals” or “I am strong and capable.”

Take time to sit in stillness and focus on your breath or repeat a mantra to yourself.



MEDITATION

4

5



BODY SCAN

Focus your attention on different parts of your body and notice the sensations as you move through each one.