



BOLD BODHI

1 MINUTE

Stand tall and strong like a bodhi tree, with your bare feet connected to the ground. Raise your arms up to the sky and say out loud:

I am strong.

I am brave.

I am wise.

I am bold.



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MINDFUL PRACTICE QUESTIONS:

- ▶ How do you feel when you stand tall and strong like a bodhi tree?
- ▶ How do you feel when you say the affirmations out loud?
- ▶ What is something bold and brave that you did today?

This exercise can help boost confidence and promote balance.



BUZZ & BUMBLE

1 - 3 MINUTES

Pretend you are a bumblebee. Gently cover your ears with your hands and inhale deeply. As you exhale through your mouth, make a buzzing sound for as long as you can. Keep buzzing like a bee until you feel relaxed and calm.



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MINDFUL PRACTICE QUESTIONS:

- ▶ What do you feel in your body when you buzz like a bumblebee?
- ▶ Do you feel different when you try buzzing in different ways?

The gentle vibrations and deep breaths are soothing for our minds and parasympathetic nervous system, leaving us feeling calmer and even more focused.



FLOWER BLOOM

1 - 2 MINUTES

Bring your hands together to make a colorful flower. Pretend it is nighttime and your flower is ready to go to sleep. Slowly close your flower by bringing your fingertips together. Now, pretend it is morning and wake your flower up gently. Spread your fingers apart so that your flower is in full bloom. Smell your flower.

MINDFUL PRACTICE QUESTIONS:

- ▶ What colors do you see in your flower? What does your flower smell like?
- ▶ How does it feel when you put your flower to sleep? What about when you wake your flower up?
- ▶ How does it feel to focus on the movement of your fingertips as your flower blooms and closes?

Visualization techniques help focus and harness the power of imagination. This exercise encourages us to engage our senses to activate different parts of our body and brain, and ultimately reach a more calm and relaxed state.



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RAYS OF SUNSHINE

1 - 3 MINUTES

Picture the radiant sun shining down on you.
As you feel the warmth and love from the rays
of the sun, say out loud:

May I be safe and protected from
inner and outer harm.

May I care deeply and be joyful.

May I always remember that I am loved.



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MINDFUL PRACTICE QUESTIONS:

- ▶ What is your favorite thing about the sun?
- ▶ What do you notice about your thoughts and feelings when you feel safe, protected, and loved?
- ▶ What are some ways that you have expressed love, positivity, and kindness towards others recently?

This exercise connects a powerful visual of the sun with self-compassion and self-love.

Variation: Show compassion for others by changing the phrases to start from "May I" to "May you" or "May we."

I AM CREATIVE

I am filled with creative energy
that flows out of me in unique ways.
I bring joy to those around me with the
things that I create.

What did you create today?

How did you feel?


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