

Infinite Kids *at bedtime*

ABOUT THE CARDS

There is perhaps no better window than bedtime to introduce, learn, and practice exercises related to inner potential and inner awareness. Bedtime provides a unique opportunity for connection and closeness as we wind down from our days, and space to process their day. The evening is also one of the best windows to create lasting neural connections in the brain as the subconscious is open and highly receptive. The set includes 16 beautifully illustrated cards, kids will be engaged by the designs, mantras, and guided meditations that take them on a relaxing journey at bedtime.

ENGAGING PRACTICES COVER:



How to release emotions, thoughts and worries



Breathwork to calm the body and release tension



Compassion, gratitude and kindness for self and others



Tap into a growth mindset to create positive beliefs



Learn to relax the nervous system and heal the body



Set intentions for peaceful dreams and restful sleep



MAGIC "I AM" MANTRAS

THIS PRACTICE TEACHES THE POWER OF OUR MINDS AND THOUGHTS TO
IMPACT OUR DAYS AND THE WAY WE EXPERIENCE OUR LIVES.

Do you know that the thoughts you think inside of your head can shape the way you experience the world? The more we think positive thoughts and feel good about ourselves, the more our thoughts can create positive things in our lives. It's kind of like magic. So, today we are going to rest for a moment while we think about all of the magic and potential that lies inside of us. To do that, we are going to use two very powerful words that are magical when they are used together. By placing these words in front of anything we say, we can create new and endless possibilities in our lives. The words are: "I am." Now take a moment to close your eyes and connect to your breath by placing your attention on your inhale and exhale through your nose. Breathe deeply as you calm your entire body. Now, just relax and listen to my words. You can repeat them to yourself if you'd like, and as you hear them, feel their power fill your entire body. [Reader's Note: Say each of the following phrases with a gentle pause in between.] "I am loved. I am kind. I am confident. I am proud of myself. I am thoughtful. I am peaceful. I am beautiful. I am creative. I am always learning. I am healthy. I am growing each day. I am me. I am infinite." Now, with your eyes still closed, feel the power of those words in your entire body as you breathe deeply. Then rest here, feeling the words "I am loved" fill your entire body. Feel these words in your heart: "I am loved. I am loved. I am loved." Now, notice how you feel after filling your mind and body with these beautiful thoughts. You can choose to support yourself with positive thoughts any time you wish.



LETTING GO OF THOUGHTS

THIS PRACTICE TEACHES KIDS HOW TO LET GO OF THOUGHTS AND CLEAR THEIR MINDS TO RETURN TO THE PEACE OF THE PRESENT MOMENT.

Each day we have thousands of thoughts. While our minds are a wonderful tool we have as human beings, sometimes we get so many thoughts in our minds that we can get lost in them, or they can stick around longer than we'd like. One of the most important things we can learn is that thoughts are not facts, and we have the ability to let go of any unhelpful thoughts to create peace in our minds and bodies whenever we'd like. Let's practice right now what it feels like to let go of our thoughts. Take a moment to find a comfortable, seated position, with your back straight. Close your eyes and begin to feel your body relax. Now, begin to notice any thoughts that come into your head. The thoughts could be anything; things like "I am feeling warm and cozy," or "I didn't like that I had to wait in line today." No matter what the thoughts are, in this practice we are going to work on letting them go. Now, imagine that you are sitting on the top of a tall hill, so high up that all you can see is the sky. The sky is beginning to darken and to fade into night, and you see a lot of clouds passing by. Most of them are big and fluffy, grey, or white. Now, take one of thoughts from your mind and place it into a cloud. Then, watch as the cloud floats off into the sky and out of your sight. Continue doing this, placing your thought into a cloud and watching it float off, until your mind is free and still. As look at the sky, it's completely clear now, just like your mind. It feels so peaceful. And, as you sit here, remind yourself that whenever you want to clear your mind, you can simply look up to the sky and send your thoughts off with the passing clouds.

LIST OF PRACTICES:

The Power of Gratitude	Deep Yogic Sleep
Creating a Peaceful Place	Healing the Body
Releasing Emotions	Peaceful Dreams
Body Relaxation	Letting Go of Worries
Calming Breathwork	Sharing Compassion
Positive Affirmations	Connecting to Nature
Sharing Kindness	Inner Compass
Deep Belly Breathing	Letting Go of Thoughts