

# JUST Bee

## Educational Resource Pack

JUST BEE ♥

Meditation Monday

Guided Meditation  
Script

Thoughtful Thursday

Mindful Colouring  
Template

Tune in Tuesday

Soundwalk  
Worksheet

Focus Friday

Breathing  
Activity

Wiggle Wednesday

Move and stretch  
sequence poster

(tick here)





## Meditation Monday

# Best Self Blooming

Let's begin today by finding a comfy seat: this could be sitting (on the floor or chair) or laying down (on the floor, on the sofa or on a bed). Now take three deep breaths. As you breathe in, feel your tummy expand like a balloon. Then, as you breathe out, feel your tummy deflate and fall down flat. Now that your body is starting to feel heavy and relaxed, it is time to let your mind take you to a happy place.

Imagine that you are standing in a luscious field, full of plant life. In the beaming sunshine and blue skies above, you are a flower: standing proud. Your roots are growing deep down into the ground; helping you to stand strong and stand tall. Your fresh green leaves reach out on each side of you; soaking up the sunshine and helping you to grow. (Pause) As the sun warms your leaves and the earth covers your roots, you are growing.

Now, look at your petals and see what colour they are: are they blue, pink, yellow, red, orange or all the colours of the rainbow. And what about the shape of your petals? Have a close look to see whether they are round or pointy, long or small. See what colour your petals are. Notice the shape of your petals. Now watch as they gently sway in the breeze. Your roots stay strong to hold you still, but your petals flutter as the breeze passes through them.

You are a beautiful flower: every part of you is unique. And here, in this field, you are getting everything you need: goodness from the earth underneath you, warmth and light from the sun and, when it rains, water from the clouds. You are healthy, you are happy and you are perfect, just the way you are. Take a deep breath to breathe in the beauty that surrounds you and appreciate everything that you have. You have everything you need right now, in this moment.

In life, whenever you feel down about yourself or the things happening around you, know that you can return to this field and watch yourself bloom again: into your best self. When you are ready, it is time to leave – but leave with confidence – knowing that you beautiful and unique.

Open your eyes when you are ready.

# Tune in Tuesday

## SOUND WALK

Birds singing



Sirens



Cars

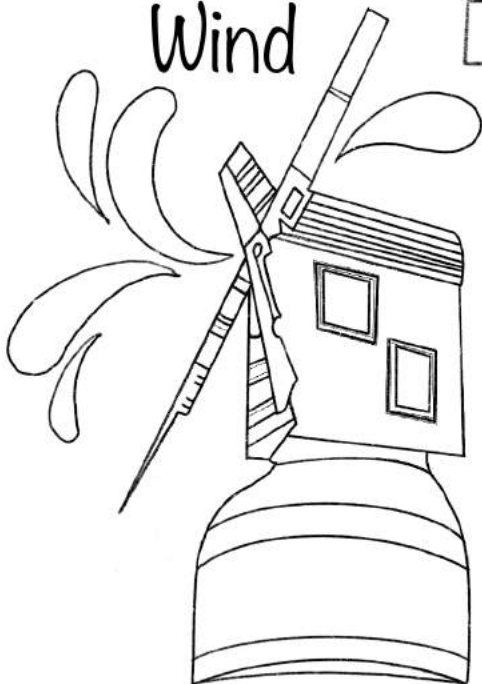


Water

(rain or river)



Wind



Aeroplane



Other

# Busy's Power Poses

Wiggle Wednesday

## STRENGTH

1. Step one foot forward, into a high lunge.
  2. Open your wings and spread them wide.
  3. Stand strong in this pose and take some deep breaths.
- Say to yourself - **I am strong.**



## BALANCE

1. Stand tall, bend one leg and bring your foot to your thigh.
  2. Slowly bring your hands into prayer position.
  3. Take at least five deep breaths, in and out.
- Say to yourself - **I am balanced.**



## CALM

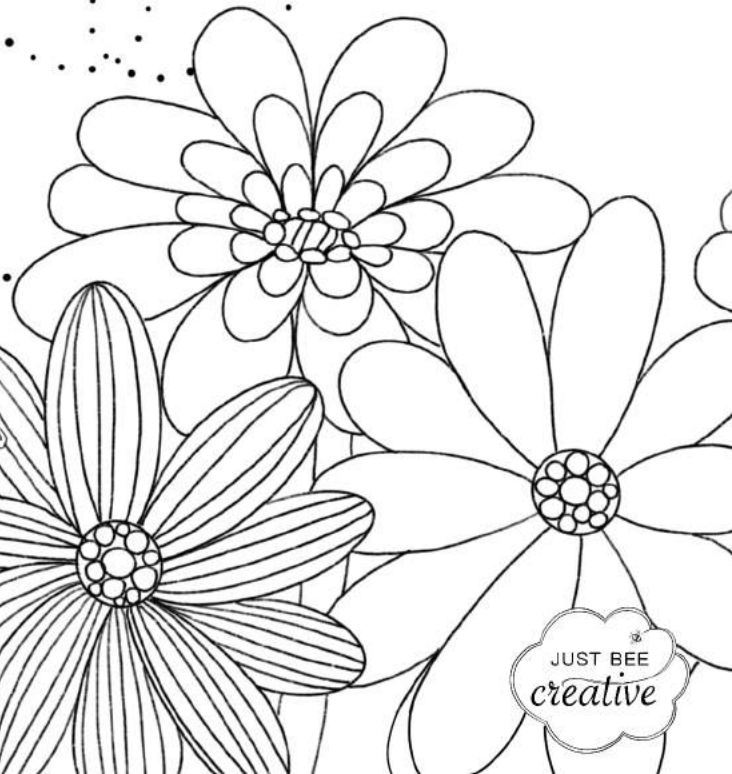
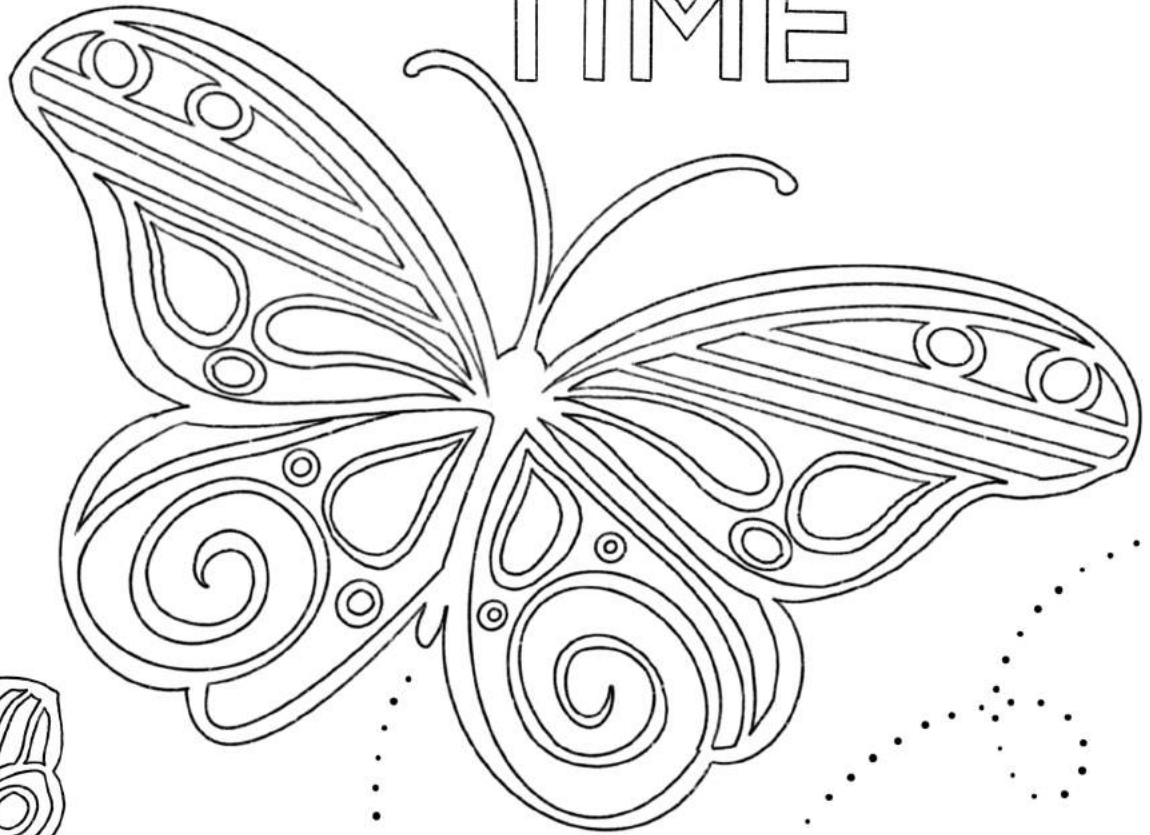
1. Kneel on the floor and sit back onto your heels.
  2. Lower your face down to the ground.
  3. Place your hands where they feel comfortable.
  4. Pause here and take some deep breaths.
- Say to yourself - **I am calm.**



GIVE

yourself

TIME



# Busy Breathing Buddies

Focus Friday

## Step One

Lay on your back and place your buddy on your belly and your hands on your chest. Take a deep breath in for four counts, hold for two counts and then exhale through your mouth for four counts.

## Step Two

Feel the rise and fall of your chest and watch as your buddy rides the waves up and down. Repeat the breathing pattern slowly for a few minutes. Why not try making some bigger and smaller waves with your breath.



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