

# Swaying in the Breeze

Thriving Learning Communities™: Mindfulness Monday

Have your child(ren) stand up and move slightly away from all the furniture. Ask them to stand tall with the confidence of a large tree.

Say to them: *Imagine a big oak tree. This tree is very strong so its trunk is large and the roots are deep. Now stand tall like this tree with your feet firmly planted on the ground. While breathing in and out, repeat to yourself, “I see myself as a tree, I feel confident and strong.”*

*As you breathe in, visualize yourself as that tree, as you breathe out allow yourself to move or sway naturally. Try to stay balanced and feel your inner strength. Notice what it feels like to sway gently. Notice your legs, arms, and torso. Feel the strength of the tree, even while you’re swaying. Prepare to hold on to that strength and confidence when you sit down.”*

After they are seated, ask your child(ren) to take 4-5 natural breaths.

What do they notice about their breathing and bodies now? Is it different than before they “swayed in the breeze”?

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We can use all our 24 strengths to thrive! Use these weekly reminders to practice spotting strengths and flexing your unique combination of character strengths!

For additional social-emotional learning activities through the lens of character strengths, visit:  
<http://bit.ly/TLCathome>