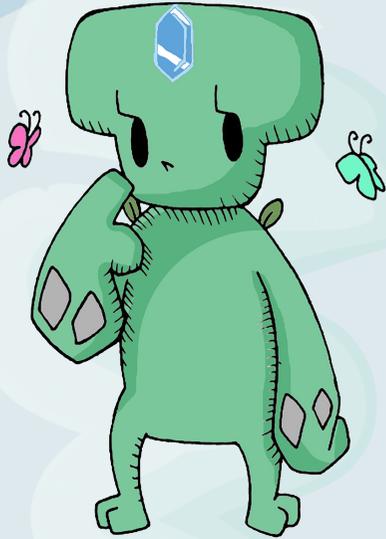
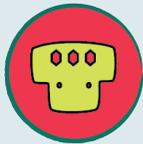


Lesson 2

Staying cool and calm



Dorg



Made of rocks, Dorg is a small yet tough chap. But when he gets anxious he begins to get tense, grow in size and becomes rather hot under the collar. Then Dorg cannot think straight.

How can we help?

Take the time to speak with your child/children about how Dorg is feeling, why he may be feeling this way and if we have ever felt the same. Then explore how we can help him and/or ourselves.

HOW TO HELP

THE ARASHIBAM

Made from Bamboo shoots found deep within a secret forest in Japan. When the handle is turned a huge fan spins releasing a mysteriously cool forest air.

TRANSLATION

The Arashibam is made of Bamboo from the Arashiyama Bamboo Grove in Kyoto, Japan. The Grove is one of the most popular sites to practice a wellness practice called “Forest Bathing”, or “Shinrin-Yoku” in Japanese. It is about appreciation of nature, the act of literally breathing it in.

Go outside, walk slowly, breathe deep and open your senses.



Tips

Take deep long breaths and focus on an extended exhale to blow any stress or worry away.

Decorate your origami butterfly to make it personal to you, maybe add some go-faster stripes!

ACTIVITY

BUTTERFLIES & BUBBLES

Deep breathing is an essential exercise to help calm an anxious mind. Have your child/pupils blow bubbles and others blow butterflies (these are actually pinwheels, so they fly better) to pop them. Don't forget deep breaths though.

- ✓ Make an origami butterfly [Tools and Resources section on website] that will be used to pop the bubbles.
- ✓ Have your child/one pupil in a pair blow as many bubbles as they can. Take it in turns to switch roles.
- ✓ You / the other pupil in the pair holds their butterflies out on the palm of their hand, takes a deep breath and blows. Watch the butterfly take off to pop as many bubbles as possible.

