

Mindful Moments Card Set

INCLUDES:

Breath Work:

Starfish Breath & Square Breathing

Personal Growth:

Special Star & Gratitude List

Body Awareness:

Tall Like a Mountain & Melt or Freeze

Tension Release:

Squeeze an Orange & Chopping Wood

Mindfulness:

Take a Walk & S.T.O.P.

The story behind the cards:

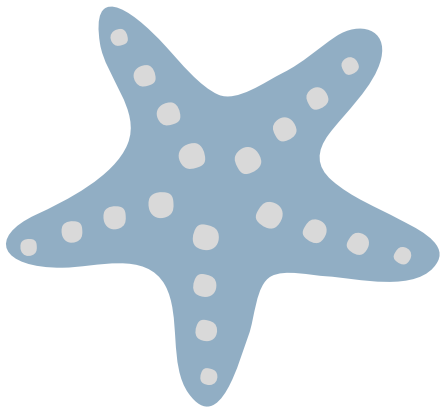
I developed the first version of these cards for a preschool sensory box, based on activities that I had done with my children. As I was fine-tuning them, I found such joy in them myself that I continued to rework them so that they could be used for kids and adults.

How to use them:

Schedule breaks in your day to pull out a card, read the affirmation out loud, and do the activity on the back. You can pair it with any of the essential oil suggestions or a blend that includes one (or more) of those oils. When in doubt, any oil will do.

As a clinical aromatherapist, I will share that not all essential oils are created equal, as quality really does matter. You can connect with me to get advice on where to source your oils.

STARFISH BREATH



Affirmation:

I breathe in peace.

I breathe out love.

Oil Pairing: Lavender, Geranium, Rose,
Ylang Ylang, Blue Tansy

Starfish, just like our hands, all look different. Some starfish have fingers that are long, thin, and pointy, while some are wide. Some have beautiful, vibrant colors, while some blend in with the sea life around them.

Close your eyes and imagine you are walking on a beach, and you come to a calm tide pool. You see a single starfish at the bottom.

Hold out your hand with the fingers wide like the starfish. Place your essential oil in the center of your palm. Smell it, enjoying the scent.

Now trace your fingers. Every time you trace up to the tip of a finger, breathe in. When you trace down, breathe out.

Breathing in, I calm my body.
Breathing out, I smile.

You can do this a few times. Sometimes do it silently, sometimes so you can hear your breath. Sometimes you can hum as you breathe out and sometimes go as slow as possible. But always focus on the breath.

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SPECIAL STAR



Affirmation:

I am special.
There is beauty
in my differences.

Oil Pairing: Ginger, Black Pepper, Clove,
Cassia, Cinnamon Bark

Every star, just like every person, is different and unique. Imagine that there is a star in space that is just for you. It can be any color, size, or shape. It also can change day to day, just as everything in our universe changes and moves.

Sometimes your star may be large, and sometimes it may be small. Sometimes it may be bright and sometimes it is so dim you can hardly see it.

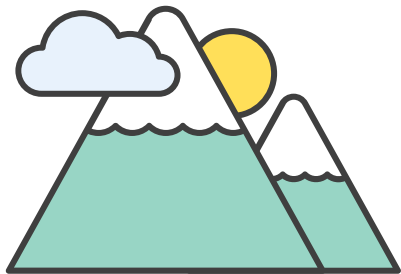
But your star is always there.

Feel the warmth of the star shining on your body. When you feel that warmth of the star on your forehead, notice how your head feels more relaxed.

Then imagine that warmth on your shoulders,
your arms,
your hands,
your belly,
your legs,
your feet.

Imagine that warmth from that shining star on your whole body, and notice how relaxed and protected you feel.

TALL LIKE A MOUNTAIN
STRONG LIKE A TREE



Affirmation:

I have the strength to face
the challenges before me.

Oil Pairing: Black Spruce, Cypress, Pine,
Frankincense, Grand Fir

Start by imagining that you are a mountain! Stand up tall. Put your feet on the ground. Can you count all of your toes?

Now stand up straight and imagine that the top of your head is touching the clouds. Can you keep your head in the clouds but move your shoulders down away from your ears?

Can you make your arms become the sides of the mountain? Do they go straight down or are they more sloped? Take a moment to count to 10.

Now shake out your body, because you are going to be a tree next! You can now pull out your essential oil and smell it! What kind of tree do you think it comes from?

Trees have big, strong roots, which keep the tree in the ground. Put your feet on the ground again and count those toes!

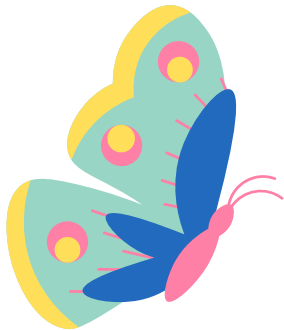
Now your legs will be the trunk of the tree. Do you feel how strong that trunk is?

Lift your arms over your head just like the branches, and let them blow gently in the wind. Do they make a sound or are they quiet? Swish swish swish.

How are those roots doing? Are they still strong?

Before you are all done, take one more smell of that oil and imagine that you are that same strong tree. The wind may come and move some of your branches, but you are still strong and brave.

SQUEEZE AN ORANGE AND LET IT GO



Affirmation:

I release and let go
of the things that
no longer serve me.

Oil Pairing: Lemon, Orange, Tangerine,
Lime, Bergamot

Sit or lay down in a comfortable position. If you have to wiggle or move a little bit to be comfortable, that's ok.

Now pretend that you have two big oranges in your hands. Do you feel how bumpy the outside is? When you scratch your fingernail on the skin, you can smell the most amazing, bright, tart smell. Go ahead and let yourself smell the essential oil.

Now take those oranges in your hands and squeeze them. Can you imagine how it feels for the juice to run down your arms? Doesn't it smell amazing? Now relax your hands.

And now squeeze those oranges again: 1, 2, 3, 4, 5. Now relax.

Now raise your shoulders up to your ears: 1, 2, 3, 4, 5.
Let them fall.

Squeeze your stomach tight: 1, 2, 3, 4, 5.
And now let it relax, taking a big belly breath.

Now squeeze your toes, just like you did with your hands.
Count to 5, and relax.

Focus again on your hands. It's amazing, but you aren't holding oranges anymore. You're actually holding a beautiful butterfly, and she is resting softly in your palm. Watch as she flutters her wings and takes flight.

She is taking all of your worries and concerns with her.

Take two more smells of the oil and say the affirmation.

TAKE A MINDFUL WALK



Affirmation:

The more I pay attention to life,
the wiser I become and
the better choices I make.

Oil Pairing: Peppermint, Spearmint,
Wintergreen, Basil

Today, make sure you get outside.

Pick how long you will spend outside:
5 minutes, 10 minutes, 1 hour. You choose!

Before you go out, take the essential oil, cup it in your palms, bring it to your nose, and inhale deeply 3 times.

Leave all electronics or distractions behind.

When you go outside, promise to use
at least 4 of your senses:

See
Hear
Smell
Touch
Taste

Without distractions, what did you notice?



As an added challenge, you can just go right outside, set a timer, and for two minutes focus on one item (a caterpillar, a specific flower, a section of a tree trunk, an area on the ground). If two minutes feels too long, start with one minute.

Notice what happens in that one area.
How do you feel as you focus on that spot?
What are you thinking about after it's over?

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GRATITUDE LIST



Affirmation:

I am grateful for the life I have,
the people in my circle,
and every breath I take.

Oil Pairing: Lemon, Orange, Tangerine,
Lime, Bergamot

Did you know that when you focus on the things that you are thankful for, you don't have room in your brain for anything upsetting?

Today, you will make 3 simple lists:

- 3 things that you are grateful for
- 3 people that make you happy
- 3 favorite experiences



Now that you have a smile on your face, what can you do to brighten the world for someone else?

S.T.O.P.



Affirmation:

I am in control
of my thoughts and actions.

Oil Pairing: Peppermint, Spearmint,
Wintergreen, Basil

We can think of the brain as having two parts:

the Thinking Brain
the Survival Brain

We usually want the Thinking Brain to be running the show, because it allows us to use everything that we have learned and experienced to make decisions and take action.

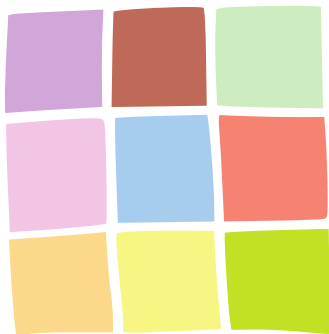
Sometimes when we get really angry or even extremely happy, our Survival Brain takes over and can't let go. When that happens, it's time to remember to S.T.O.P.

- S** Stay still
- T** Take a breath
- O** Observe the situation
- P** Proceed to breathe and think

It's important to practice how to S.T.O.P. before we need it. So for now, jump up and down where you are and then suddenly S.T.O.P.

You may find that it takes a few practice times before you get the hang of it. You'll get there!

SQUARE BREATHING



Affirmation:

I am breathing. I am pausing.
I am calming. I am holding.

Oil Pairing: Lavender, Geranium, Rose,
Ylang Ylang, Blue Tansy

This is a very special breathing technique that will help you to focus, improve performance, and lower your stress. It's also a great option when you are experiencing heightened emotions.

You will be breathing while imagining that you are creating a square.

Start by taking a deep, cleansing breath all the way in and all the way out.

Now breathe in to the count of 4.
Hold your breath for the count of 4.
Breathe out to the count of 4.
Pause for the count of 4.

Now keep going with this pattern. When you feel the need, you can stop and take another deep, cleansing breath.

DANCE OR FREEZE



Affirmation:

I can be flexible, and
I can also control my emotions.

Oil Pairing: Black Spruce, Cypress, Pine,
Frankincense, Grand Fir

In a game of Dance or Freeze, we can practice self control.

Start some music. Let your body dance however it wants. Jump up and down, sway, do leaps around the room. Just enjoy the movement.

Now stop the music, and freeze right away.

When we freeze, we are practicing the ability to pause in a highly emotional situation.

It's hard when we are young to do this, but as we get older, it gets easier. We can learn to pull it back together.

CHOPPING FIREWOOD



Affirmation:

I choose now to release anger
and reclaim my happiness.

Oil Pairing: Ginger, Black Pepper, Clove,
Cassia, Cinnamon Bark

Anger and frustration are very real emotions. It is okay to feel them. What we have to learn to manage, though, is how we act with those emotions.

When we are angry, we sometimes yell at others. Instead of directing our anger at another person (because it could hurt their feelings), let's instead use our diaphragm (the muscle in our stomach that helps control our air), and say "HA" 5 times, pushing the air out from our stomach.

Now stand up with your feet wide (like a triangle) and pretend that your hands are an ax. Hold them above your head, and swing it down in a chopping motion 5 times. If you feel like you want a little more, you can always throw a pillow down onto the ground at your feet.