relax Kids Message for Parents

We really are in very strange and scary times and it seems that everyone has gone into panic mode. Fear and panic is the worst thing as it weakens our nervous system and so makes us even more susceptible to both physical and mental illness.

It is so important to do everything we can to protect our mental and emotional health in these troubling times and so we have created a CALM PACK available for all families to help give you some time to touch moments of calm and breathe through the uncertainty.

Children need reassurance and calm right now to help them manage the changes and help them rest and relax their jangled nervous systems.

The CALM PACK has a meditation and set of cards with a variety of relaxation exercises to practise together. There are also affirmation cards and some activities.

We hope that you will be able to build some regular calm time into your new daily timetable at home and that these exercises will help you come closer together as a family.

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How to be a Protector of CALM at this time.

Zen Master Thich Nhat Hanh said: When the crowded Vietnamese refugee boats met with storms or pirates, if everyone panicked all would be lost. But if even one person on the boat remained calm and centered, it was enough. It showed the way for everyone to survive.

In these troubled times, it is so vital to be a protector of calm and model calm to your children and create an environment of safety where calm can thrive.

We encourage you to model calm and be a Protector of Calm so you can manage your own eco system and help your family be Protectors of Calm. This way, we can gently send ripples of calm out in this panicked world.