



mental Self-Care

Welcome to a Summer of Self-care! You might be asking yourself, **“What does self-care mean?”** Self-care is when we take an active role in caring for our well-being and happiness.

Ready to get in the right **head space?! This week we will practice self-care with mindfulness and meditation.** Scientists have found that these two things can actually help us feel **happier** and **less stressed.**

Mindfulness is when we focus on what we’re doing **in the moment.** We are **free** from distractions but **still aware of our thoughts and feelings** without getting caught up in them. We’re not thinking about the past or worrying about the future. We can practice **mindfulness through meditation.** Meditation is when we focus on **calm and stillness.**

Meditation can be a little tricky at first. **Guided meditation** is when someone or something helps us **focus in on our meditation.** Below you will find some **guided meditation resources** that you can use on your own or with an adult!

Quick, before we start! Remember to practice being in the moment. When you start thinking about stuff that happened yesterday or things that could happen tomorrow, just come back to noticing what going on **right now.**



Join us from home!

Follow along with us this summer on social media! @victoryjunction

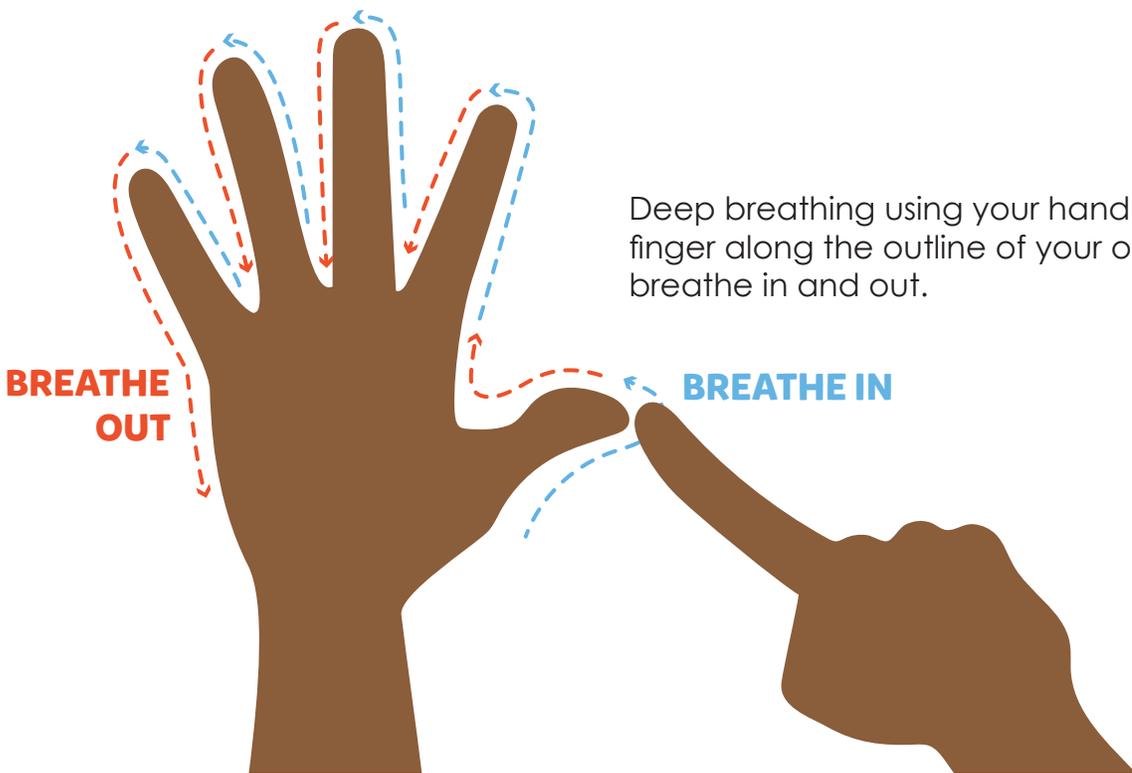


Share photos and videos of your camp cheers, dance moves, games and crafts, using the hashtag #VJatHome



Guide yourself

Trace your finger along the rainbow as you breathe in and out.



Deep breathing using your hand. Trace your finger along the outline of your other hand as you breathe in and out.

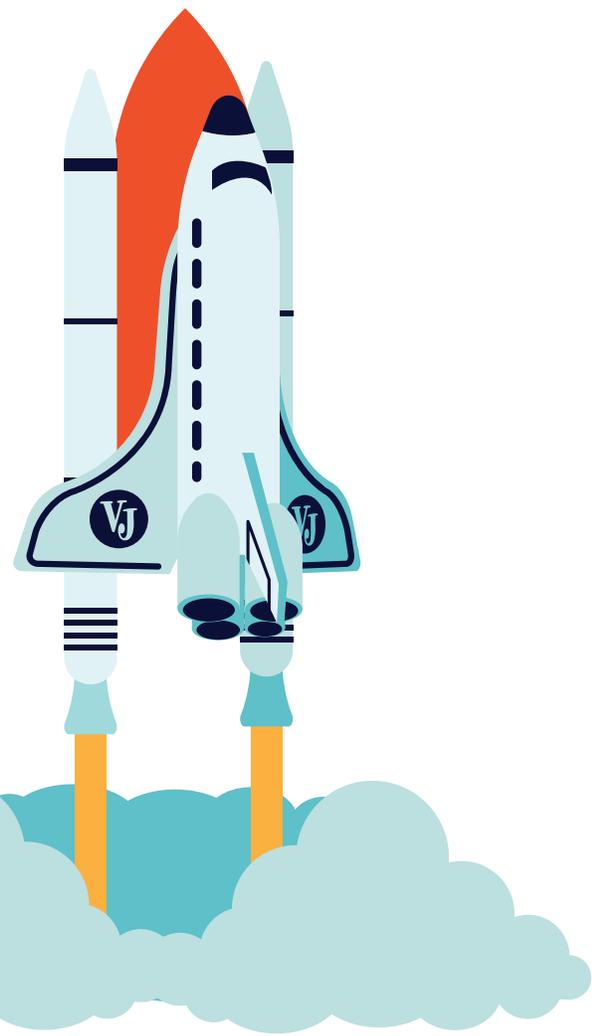
Guided meditation

Have an adult lead you through some guided meditation!

Tips for the reader: Read these guided meditations slowly and in a calm voice. Pause throughout the reading to give the meditator more time. Guided meditation can be done at any time, but is often a great calming before bed activity. These meditations have been selected as they allow kids to do what they do best, imagine!

Spaceship to the Stars

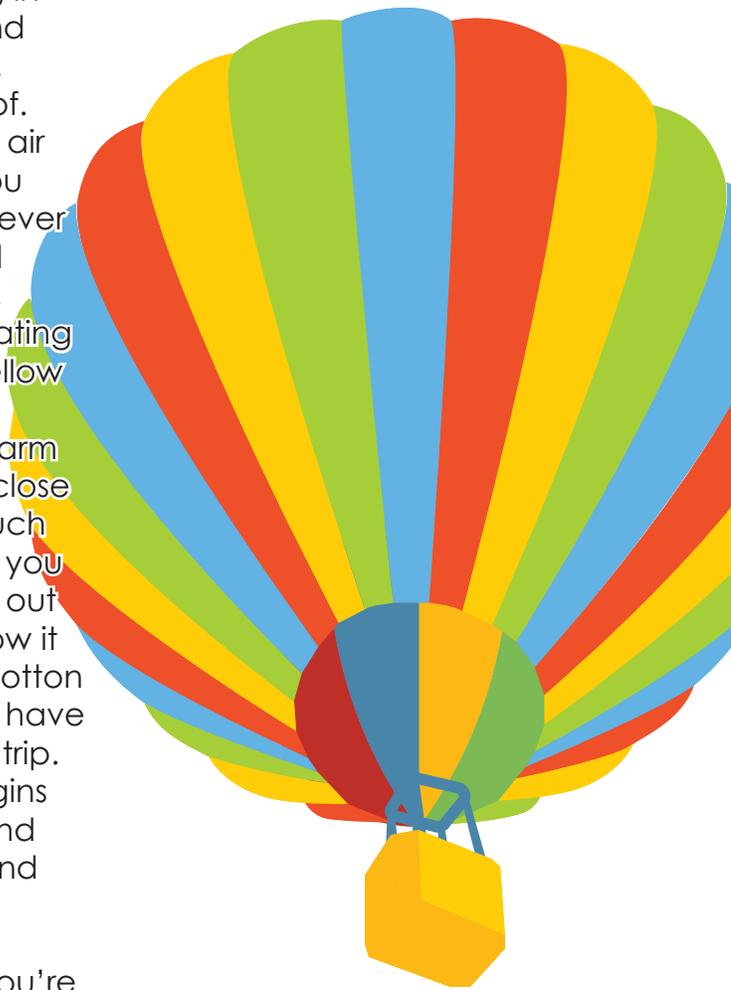
Close your eyes and take a long, slow, deep breath. As you breathe out relax all of your body. Now take a big deep breathe in through your nose. Slowly and gently breathe out of your mouth pushing all of the air out of your lungs. Again, big deep breath into your nose and again gently breathe out of your mouth. Relax and go back to you normal breathing rhythm. Imagine, yourself inside a big shiny spaceship. You're wearing a brilliant white space suit with a shiny helmet. Can you see it? Now you take a seat at the controls. Fasten your seat belt. Get ready for a big adventure. You are about to go zooming off into outer space. Let the countdown begin. 10, 9, 8 check the controls. 7, 6, 5 feel your spaceship vibrating getting ready to take off. 4, 3, 2 get ready! 1 blast off! You whiz off into space. You feel wonderful and free. You look out your ship and you see the Earth far behind you. It looks so small. It is very blue and beautiful. You can see thousands of stars shining at you brightly. Take a look at the moon. It is larger than you've ever known. Glance all around you. Take it all in. Now it's time to go home. You hit the controls again and go whizzing back to Earth. You feel happy as you fly back home, it was an amazing adventure. Take a deep breath into your nose and slowly and gently breathe out through your nose. Again, deep breathe in and back out. Last time, breath in your nose and slowly back out. When you're ready open your eyes.



Guided meditation

A Hot Air Balloon Ride

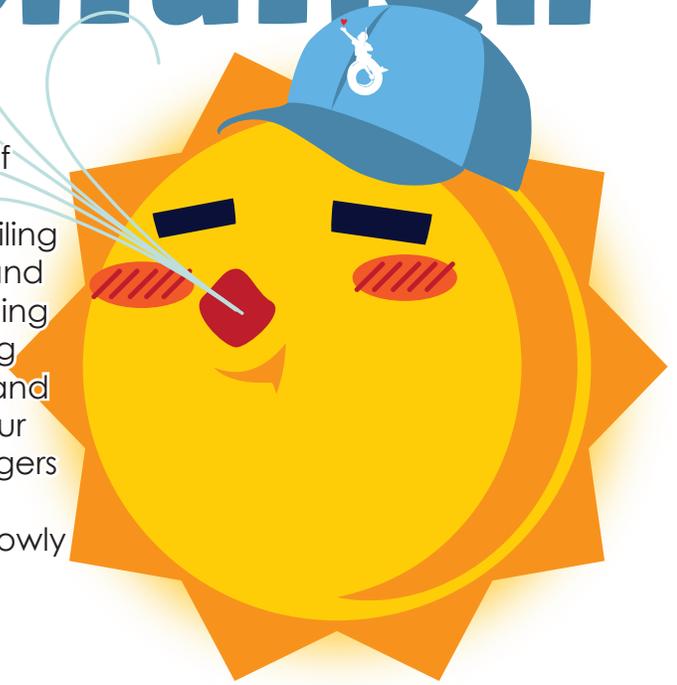
Today we are going to imagine that we are riding in a hot air balloon. As we begin, close your eyes and take a deep breath and sigh it out of your mouth, letting go of anything else you might be thinking of. Imagine yourself climbing into the basket of a hot air balloon. You run your hands across the basket. You can feel how strong and safe it is. You know wherever the hot air balloon takes you, you will be safe and have a great adventure. With your next breath in, imagine the hot air balloon taking off. You are floating upwards gently and slowly. Watch as the trees below you grow smaller and smaller. As you rise through the sky, what does it feel like? Can you feel the warm wind on your skin? You look up to see you are so close to the clouds you could almost reach out and touch them. As you take your next breath in, you realize you are close enough to touch the clouds. You reach out and pull out a big handful of the cloud. Notice how it smells and tastes like cotton candy. You eat this cotton candy as you float over the land below you. You have seen a great number of interesting things on your trip. Now, notice how you feel. The hot air balloon begins to float downwards. You continue to sink lower and return back. Take a deep breath into your nose and slowly and gently breathe out through your nose. Again, deep breathe in and back out. Last time, breath in your nose and slowly back out. When you're ready open your eyes.



Guided meditation

Sun Breaths

Sit in a comfortable position and close your eyes (if that's comfortable for you). Take some slow deep breaths in and out. Picture a bright, shining sun smiling at you. Feel the sun on your face. Breathe slowly and let the sun warm your face. Imagine the sun warming your shoulders and back. Imagine the sun warming your arms. Continue to breathe in and out slowly and calmly. Imagine the sun's warmth spreading to your legs. Finally, feel the warmth all the way in your fingers and toes. Take a deep breath in and then slowly exhale. Take one more deep breath in and out. Slowly open your eyes.



Spidey Senses

Sit in a comfortable position and breathe in and out. As you breathe, think about all that you know about Spiderman. One of Spiderman's superpowers is his ability to tune into his senses. Like a spider, he has super smell and sight and can hear very tiny noises. Now try to activate your Spidey-senses by paying attention to what is going on around you. Right now, what can you hear? Listen really closely. Take a deep breath into your nose. What can you smell? What can you feel? How does the air feel against your skin? Is it cool or warm? Move your tongue around in your mouth. How does it taste. Take a deep breathe in and then out. Open your eyes slowly. What can you see? When you pay attention to your senses, you enter into the present moment. This calms your mind and starts to rid you of all those noisy thoughts swirling around in your head. Keep practicing your Spidey-senses and tune into the present moment whenever you choose.



Meditation can feel kind of weird at first, but I hope you kept an open mind and tried something new! **Remember** we never know what self-care strategies will work best for us until we try them. **Other fun self-care strategies to try:**

- ▶ Cloud watching.
- ▶ Singing or playing music.
- ▶ Writing letters.
- ▶ Being thankful in the moment.