

Tiny Warm Hugs

How does it help students?

- Promotes well-being from within through the use of guided imagery and deep breathing. Encourages self-compassion and management of both positive & negative energy.

What will we need?

- Nothing!

How do we do it?

- Sit quietly with your body relaxed. Slowly begin to deepen your breath, elongating both your inhale and exhale.
- Each time you inhale, imagine the increased oxygen delivering each and every one of your cells tiny warm hugs. You might imagine each cell being wrapped in bright red, warm blankets. From head to toe, every time you inhale allow every cell to feel and enjoy this comfort.
- Now, each time as you exhale, imagine a blue cooling effect sweeping through your body. This leaves you feeling refreshed and creates more space within where the tiny warm hugs can embrace those deep, hidden cells.
- Using this imagery as a guide, repeat the inhale/exhale process at least five times.

Additional Notes:

- Soft piano music nicely accompanies this activity.

Source: Jacklyn Czekaj