

# Mindfully Growing

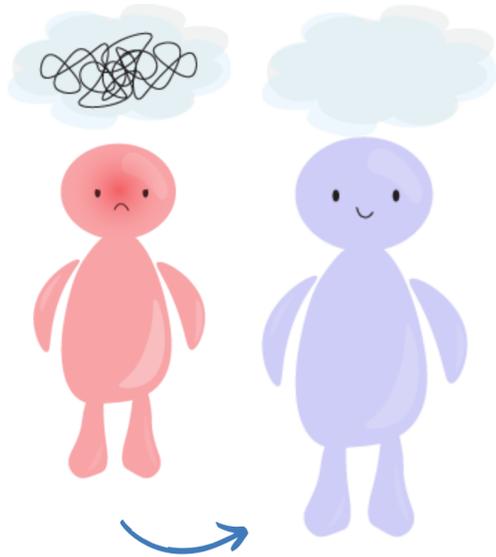
## LESSON 1

### In the classroom...

Today your child explored where food comes from and learned yoga poses to help settle the mind!

### Why Mindfulness?

When we pay attention to our breath, body, and thoughts in the moment, we make healthier choices. This practice is called Mindfulness!



### Balloon Breath

Try "Balloon Breath" with your child, to strengthen the body-mind connection. Imagine a balloon expanding inside your belly as you inhale and deflate as you exhale.



- 1 Spark your child's natural curiosity around food and open opportunities for trying new foods
- 2 Nourish the growth of a healthy relationship with food and eating
- 3 Build healthy lifestyles through mindfulness in the classroom and at home

### Mindful Eating at Home

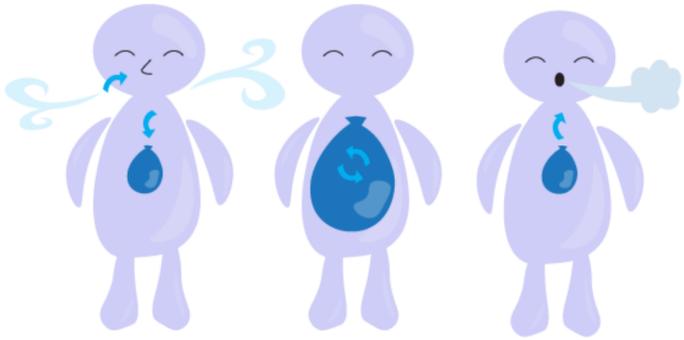
- Discuss what food is and where it comes from
- Prepare food together - maybe even a meal that includes beans!
- Plant your own bean plant at home

### Yoga Poses

- mountain
- rag doll
- tree
- locust
- child's pose
- boat

# Lets Try It!

## Lesson 1



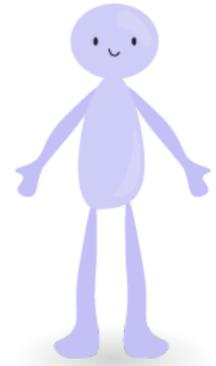
### Balloon Breath

Imagine a balloon expanding inside your belly as you inhale and deflate as you exhale.



### Tree Pose

### Mountain Pose



### Boat Pose

### Rag Doll



### Locust Pose



### Child's Pose

