



MINDFULNESS WORKSHOP
CHRIS HADFIELD P.S.
April 25th, 2019

“Mindfulness is about being yourself and knowing something about who that is.”
- Jon Kabat-Zinn

This workshop will discuss, teach and encourage Self Awareness, Self Regulation, Social Awareness and Social Communication. Through exercises in breathing, short guided meditations, and discussion, it is our intention to empower the voices and hearts of our children by teaching them to trust in who they are and all they are yet to become.

THE RAINBOW OF AWARENESS®

The light inside of you is unique to you. You are born with it and it is why you are here. It is your gift to share with those around you. Your light supports your passions, dreams, wishes and desires. Unfortunately, life can be messy which can cause disruption in your flow of light, like blockages in the road, but with the right amount of awareness, love, compassion & mindfulness your light can shine brighter than ever before.

Join me in learning, growing and supporting your beautiful light and the light of those around you!

Workshop Outline (Grade 6, 7 & 8)

- Mindfulness What is it?
- Breathing Exercise
- Finding your true passion, your light within
- Releasing your fears, worries, & negative emotions
- Knowing your frequency
- Short Guided Meditation
- Understanding the Rainbow of Awareness
- “I am” statements – creating your wish flag
- Closing guided Meditation



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Guided Meditation Example

Close your eyes, gently, as if you're sleeping. Take a deep breath....now let it out. (Repeat 2-3x's)

Take another deep breath in and slowly let it out. One more deep breath in, and as you are letting it out, imagine a star high in the sky. This is the Sun Star and there a beam of light coming out of the star.

The beam is coming down through the sky, into this building (school) and right into the top of your head.

Feel it move, very, VERY, slowly. Down from the top of your head, past your eyes...your ears...your mouth...and into your neck. It's moving slowly down your neck and down your spine, the centre of your back, slowly, ...slowly. Feel it coming down past your stomach and into your hips. Now it's slowly moving down your legs, down to your knees and slowly working its way past your ankles. Feel it filling your feet up with its beautiful light.

Now it's spilling out the bottom of your feet and down through the floor, through the building and into the Earth. The light makes its way through the ground and past an underground stream where it will cleanse the light, and then it flows down deep into the centre of the Earth where the Earth Star Lives.

When the light touches the Earth Star another beam of light comes up from the Earth Star and through the ground. Up...up it comes, through the underground stream, and up... up into our building/school. Feel it coming up and into your feet.

As it fills your feet, it moves up past your ankles, and slowly makes its way to your knees. Feel the light passing your knees and making its way up your legs to your hips.

Now the energy is coming up your body, working its way up your spine. Feel it slowly filling you with its gentle, relaxing feelings. The light touches your throat and moves up, slowly into your head. Past your mouth...your ears....up past your eyes and out the top of your head. The beam of light is reaching up to the sky and right up to the Sun Star.

Now imagine yourself in a field full of flowers. There are so many different colours. Look up to the sky. Do you see any birds or Butterflies? Look all around you, see how many different colours of flowers there are.

Off in the distance you can see a group of horses. When you see them, one of them looks at you and comes over to meet you. This horse is so beautiful and very gentle. What colour is the horse? Now the horse is kneeling down so you can climb on its back and go for a ride.

Feel the wind in your hair and feel the freedom as your horse runs faster and faster through the field. When you get to the other side, slide off your horse and pick a flower for him or her. What colour would your horse like best?

Pick some flowers for yourself as well, all your favourite colours.

Holding your flower in your hands, climb back on top of your horse and ride, slower this time, looking at all the beautiful rocks, trees, and streams as you make your way back to where you began.

When you arrive back where you started, as you get off your horse, look into its eyes and ask it its name. Is it a boy or a girl? Thank your horse and say goodbye. Sit down in the flowers and take a nice deep breath in and slowly on your exhale open your eyes, feeling calm and happy.



WISH FLAG ACTIVITY

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Using a flag outline, or one similar, have the children design their own wish flags. Divide the flag into 3 parts using the following concepts and have the child finish each statement using the art medium of your choice:

- I LOVE
- I AM
- I WISH

They are encouraged to use words, images, positive affirmations and colours to create their own personal masterpieces.

Modelling a Tibetan Flag which is blown by the wind to spread the good will and compassion into all pervading space. You may decide to create these flags on pieces of canvas which then can be hung around your classroom or hallways to remind the children how each of them is uniquely individual and perfect!

