


ACO Mind, Body, Spirit Activity Plan

Life Area Code	Mornings With Purpose		
Participants' Outcomes	<p><i>Mindfulness is way we can support each other to stay grounded in times of stress and anxiety. The program is based on the five core principles of Trauma Informed Support (TIS): safety, choice, collaboration, trustworthiness, and empowerment</i></p> <p><i>Mornings with Purpose develops trust, creates a vehicle for purposeful communication and sequences events in our day. It strengthens connections and relationship skills as we learn how to listen, cooperate with each other, and form positive and trusting relationships with each other. This promote a positive culture where everyone's voice and opinions matter.</i></p> <p><i>Our day will begin with gentle music playing and slow purposeful movements that set the tone. We use breathing to become more aware of the present.</i></p> <p><i>We are learning to let go and find new ways of responding and self-regulate heavy feelings.</i></p> <p><i>Getting to know a person in their own space</i></p> <p><i>Process-</i></p> <p><i>Staff arrive and set up our IT throughout to site</i></p> <p><i>Each room is dimmed, music with either binaural beats (music that encourages relaxation promotes concentrations and alertness)</i></p> <p><i>Communication is minimal and in lower tones to each other and participants</i></p> <p><i>Participants arrive and are escorted to their core room. Bags are place in one area of the room minimising distractions. Everyone takes a place</i></p> <p><i>Once all participants arrive staff sit with a client – just be – you may hold a hand, place a hand on their shoulder, and breathe together.</i></p> <p><i>Minimal talking- just breathing and being together – creating a sense of safety & collaboration</i></p> <p><i>It takes a lot of practice however when you get there it really creates a space for people to feel safe, be seen and heard and make connections</i></p> <p><i>For sites with more who are able to we do the same though guided meditation and visualisation (pictures in your mind)</i></p> <p><i>We now encourage participants to practice deep breathing while listening to a guided visualisation exercises. Tapping or a gentle hand massage can be initiated.</i></p> <p><i>Once participants have entered a zone of calm and wellness our day begins. We can then facilitate passive activities around gratitude, feelings, positivity and being kind to each other.</i></p>		
	Venues Suitable for	All	Duration Mornings program
	<p>Improve breathing, focus, concentration, visualization, Improve balance and calmness</p>	<p>Once all participants arrive staff sit with a client not using words – may hold a hand, place a hand on their shoulder and breathe. Tapping or a gentle hand massage.</p> <p>Just breathing and being together – creating a sense of safety & collaboration</p> <p>It takes a lot of practice however when you get there it really creates a space for people to feel safe, be seen and heard and make connections</p> <p>-For participants who can we do the same through with visualisation (pictures in your mind)</p> <p>For high emotional regulation needs participants - we connect with participants by breathing together holding a hand and gentle connections.</p> <p>At our high support site we create a combination - space with guided mediation and gentle connections.</p> <p>Once the participants have entered a zone of calm and wellness our day begins</p> <p>We can now commence a passive activity</p> <p>ACTIVITY SUGGESTION</p> 	
	Repeat	<p>Once all participants arrive staff sit with a client not using words – may hold a hand, place a hand on their shoulder and breathe. Tapping or a gentle hand massage.</p>	

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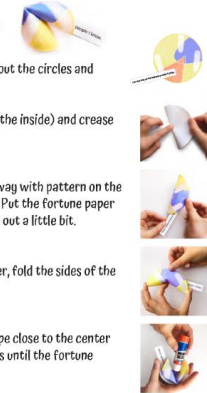
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Big Life Journal

Follow the instructions below to make fortune cookies with kind messages. Gift the fortune cookies to your friends and family!

How to make a paper fortune cookie

- 1 Print the following two pages. Cut out the circles and fortune messages.
- 2 Fold each circle in half (pattern on the inside) and crease the fold.
- 3 Open the circle and fold the other way with pattern on the outside. Hold gently, do not crease! Put the fortune paper inside the fold, fortune should stick out a little bit.
- 4 With one hand still holding the paper, fold the sides of the circle down together.
- 5 Put a dab of glue or double sided tape close to the center crease, and hold for several seconds until the fortune cookie dries.



Repeat

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Big Life Journal

Every person on the planet is unique. You can find beauty in everyone because every person is beautiful in their own unique way.

Follow the instructions below to make a peacock. On each feather, write down what makes YOU unique. Share with your challenge buddy!

How to make

1. Print this and the following pages
2. On each feather, write down what makes YOU unique.
3. Cut out the peacock, be careful not to cut all the way down on the white dotted lines.
4. Cut out the feathers as one piece, be careful not to cut all the way down on the black dotted lines.
5. Slide the feathers through the peacocks body by inserting the slits together.



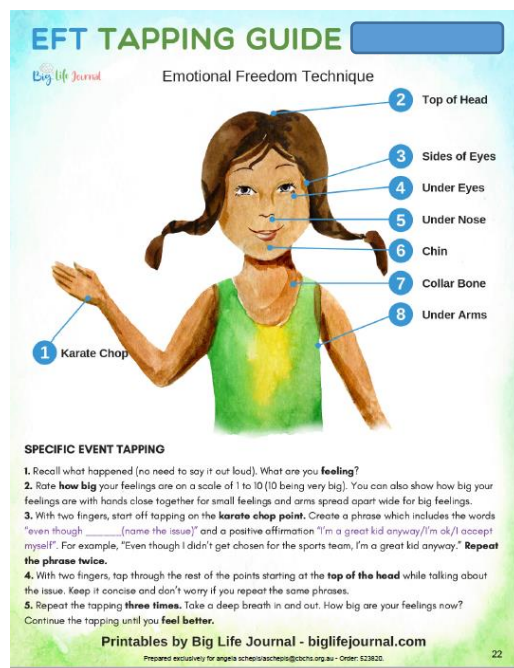
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1 "JUST ONE BREATH" BREATHING ACTIVITY

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.

2 GLITTER JAR

- Find a jar or plastic bottle and decorate it however you like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter. Seal the lid and then shake.
- The next time you're upset or anxious simply shake the glitter jar and remain quiet and still while the glitter is settling.

3 HEARTBEAT EXERCISE

- Grab a timer.
- Stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, place your hand on your heart and pay attention to how your heartbeat and breathing feels.

4 SAFARI WALK

- Go outside on an exciting adventure! Pick up a small rock or touch a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully, paying close attention to everything. Make sure you walk in silence because you want to notice all the little details.

5 MUSCLE RELAXATION

- Starting at the feet, gently squeeze the muscles by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.

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I am unique in many ways. This includes

Three things I enjoy doing are

Three things I am good at are

I appreciate my body because it allows me to

I am really proud about my family's background and culture because

Repeat

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SOMETHING I AM GRATEFUL FOR THAT...

1. Makes me happy
2. Is my favorite color
3. I enjoy eating
4. Brings me a good memory
5. Makes me feel strong
6. Has words on it
7. I recently discovered or learned
8. Is my favorite place to rest
9. Makes a beautiful sound
10. Makes me laugh
11. I can share with others
12. I love doing on my own
13. I can use to make a gift for someone
14. Is useful to me
15. Reminds me that I am loved

Repeat

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THANK YOU,

FOR

IT MADE ME FEEL



LOVE,