

EVERYBODY FEELS ANXIOUS SOMETIMES.

THERE ARE LOTS OF WAYS TO CALM DOWN.

LIGHTNING & LUNA'S MEDITATION TIPS

Our bodies are amazing! When you sense danger, your body starts the “fight, flight, or freeze” response. Your heartbeat speeds up, and you breathe faster. That’s your body sending oxygen and nutrients to your muscles so you can move quickly.

You may feel irritable and tense, like you want to “fight.” You might “freeze” and feel numb or spacey. The “flight” feeling makes you want to run away—not fly through the air! You might be restless or fidgety.

We can have other reactions too. Some of our friends have headaches, dizziness, or trouble breathing. I sweat a lot, and my shoulders get tense. Luna gets a stomachache.

Some stress can be good. Sometimes the pressure of fighting the Erasers or doing a Justice Jam dance helps us focus and work hard. But if you feel “fight, flight, or freeze” all the time, it’s tough on your body and mind. Try our tips for getting calm when stress attacks. Peacefulness may become *your* superpower!

CLOUD GAZING

On a day with clouds in the sky, go outside and lie or sit on a blanket. Look up (but not directly at the sun). Take a deep breath and try to let go of stress. Breathe slowly as you view the wide sky above you. Notice its color and brightness. Look at the clouds. Check out their shapes, sizes, and colors. Can you see them move? They drift across the sky, just like thoughts glide in and out of our minds. Do the cloud shapes remind you of things? After five minutes or more, close your eyes and imagine yourself filled with peace.



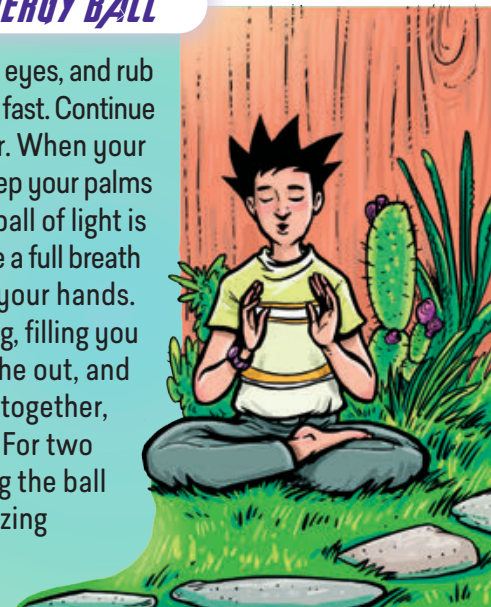
MINDFUL WALKING



Find a quiet path about 20 feet long (6.1 m). For five minutes, walk back and forth on your path, super slowly. Try to notice all the sensations of walking. Pay attention to how it feels to lift each foot and place it down. How do your legs and arms feel as you move? At the end of the path, slowly turn, paying attention to each movement. If your mind wanders, that’s okay. Notice it, and gently bring it back.

ENERGY BALL

Sit on the floor, close your eyes, and rub your hands together super fast. Continue rubbing, faster and faster. When your hands are warm, stop! Keep your palms together. Imagine a tiny ball of light is between your hands. Take a full breath in, and slowly separate your hands. Imagine your ball growing, filling you with energy. Then breathe out, and gently bring your hands together, making the ball smaller. For two minutes, keep expanding the ball as you inhale and squeezing it as you exhale.



SCAN FOR MORE MEDITATION TIPS AND POSES!

