

GARDEN OF CALM

RINKA Ru visits a beautiful garden filled with flowers, butterflies, and gentle streams. He finds a quiet bench to practice mindfulness among the flowers.



Mindfulness Techniques:

Flower Breathing: RINKA Ru pretends to smell a flower, taking a deep breath in through his nose, and then blowing out gently as if blowing the petals. Children can visualise holding a flower, smelling its scent deeply, and then blowing out softly, calming their breathing.

Butterfly Visualization: RINKA Ru imagines he is a butterfly, gently fluttering from flower to flower. Children can close their eyes and visualise themselves as butterflies, focusing on the gentle movements and the beauty around them.