

SPECIAL STAR	
Time Needed:	3 minutes or more
Group Size:	Any
Objectives:	Building focusing, quieting, and caring skills
Materials:	None required, though yoga mats could be used
Links/Resources	From: <i>Mindful Games Activity Cards</i> by Susan Kaiser Greenland with Annaka Harris
Recommended Grade:	Grade 3 and below
<p>Activity Description This guided visualization invites students to imagine a special star in the night sky that helps relax the body and quiet the mind.</p> <p>Leading the Activity Invite students to sit comfortably (or lie down comfortably, if using yoga mats), with their eyes closed. Encourage them to breathe naturally, noticing how it feels to breathe in and out. Once students have settled in, lead them through the following guided visualization:</p> <ul style="list-style-type: none"> • “Imagine that there is a star in the sky just for you. It can look like anything at all- it can be any colour, made out of any material, and it may change from moment to moment and day to day, just as everything changes. Sometimes large and sometimes small, sometimes bright and sometimes dim, your star is always there. Let’s feel the warmth of the star on different parts of our bodies! As the starlight shines on your forehead, feel your forehead relax, and all of the stress and strain of the day fade away. Then imagine that the starlight shines on your shoulders... your arms... your hands... your chest... your belly... your lower back... your legs... your ankles... and your feet. And finally, imagine your whole body resting in the warmth of the starlight” <p>Encourage students to take a deep breath as they open their eyes.</p> <p>Tips</p> <ul style="list-style-type: none"> • This activity can be practiced standing, sitting or lying down. • The length of the guided visualization can vary depending on how much time you have, or the comfort level of the students. 	
Questions for Reflection	<ul style="list-style-type: none"> • What was it like to imagine your special star? • How did you feel before this activity? • How do you feel now?

Adapted from: *Mindful Games Activity Cards* by Susan Kaiser Greenland with Annaka Harris