



Exploration 3

Staying Calm

Slowing down is the first step in the relaxation response. It is a signal to our Central Nervous System that we are going to calm down, regulating our emotions and to get back to feeling settled, and present. Slowing down is also the first step in all emotional regulation and mindfulness. It benefits the body for the nervous system to intentionally practice slowing down.

MY NAME IS _____

I began this exploration on (date) _____

Give a 'tick' on the list below of those that you have completed:

- DAY 1 Slow like a sloth
- DAY 2 Take time and breath
- DAY 3 Fire your five senses
- DAY 4 Think happy thoughts. Shake a calming jar
- DAY 5 Poses that help me stay calm

Dear Parents,

There should be a mutual understanding between parent and child on this exploration of what is slowing down. The context is elaborated for parent(s) to guide your child into the process of self-discovery. Videos are made available as reference to guide you for better understanding that can be viewed in the members' portal. Also, join our community on the Facebook group page where parents come together to share their involvement, ideas and activities. There could be terms used throughout the exploration which may not be familiar to either one of you, however, you are free to make your own choice of words to describe the actions to improve the communication between parent and child. Enjoy the process of inclusivity, love and self-inquiry.

Day 1

Be as Slow like a Sloth

[Click here](#)

to watch a
full sloth scene
in the movie
called
"Zootopia"



Alternatively, parent may search for 'sloth scene in movie Zootopia' on the Internet.

Action	Tell us your experience
I walk slowly in the hallway	
I breathe in and smile as I sit	
I take a deep breath while waiting my turn	
I ask first and then give a hug if someone wants it	
I practise relaxing my body for a minute at rest time	
I pay attention to how my food tastes and eat slowly	
I take deep breathe while I gently place my feet on the floor. Imagining the sensation of my feet in the water.	

Day 2

Take time and breathe



Go ahead and grab a small stuffed animal or your favorite soft toy, and find a comfortable spot on the floor. Parents, do guide your child in all possible ways so that they could understand the process.

1. You can lie down or be seated in a cross-legged position.
2. Have your favorite soft toy right by your side, so you can cuddle it whenever you feel like or simply place them on your chest.
3. Now, breathe in through your nostrils (that is right at the tip of your nose with the two holes).
4. Breathe out through your nostrils, slowly, calmly and steadily.
5. Repeat steps 3 and 4, a few times.
6. Breathe in the thoughts of the day, then try to let go them as your breath out. Listen to the silence. The quietness.

Explore with your eyes closed:

1. Now, explore with your eyes closed, breathe in through your nostrils.
2. Breathe out through your nostrils, slowly, calmly and steadily.
3. Repeat the breathing process a few times.

Explore with your eyes closed, count to three:

1. Have your eyes closed, let's explore breathing with breath counts, that is, the rhythm of your breath.
2. Breathe in through your nostril, mentally count one, two and three. You should be at the peak of your inhalation when you reach the count of three. Parent could do the counting.
3. Breathe out through your nostril, mentally count one, two and three. You should be at the end of your exhalation when you reach the count of three.

Explore with your eyes closed, count to five:

1. The purpose of increasing the breath count is to slow down the activity of the body with your breath.
2. Breathe in through your nostril, mentally count one, two and continue counting up to five. You should be at the peak of your inhalation when you reach the count of five.
3. Breathe out through your nostril, mentally count one, two and continue counting up to five. You should be at the end of your exhalation when you reach the count of five.

Did you know?

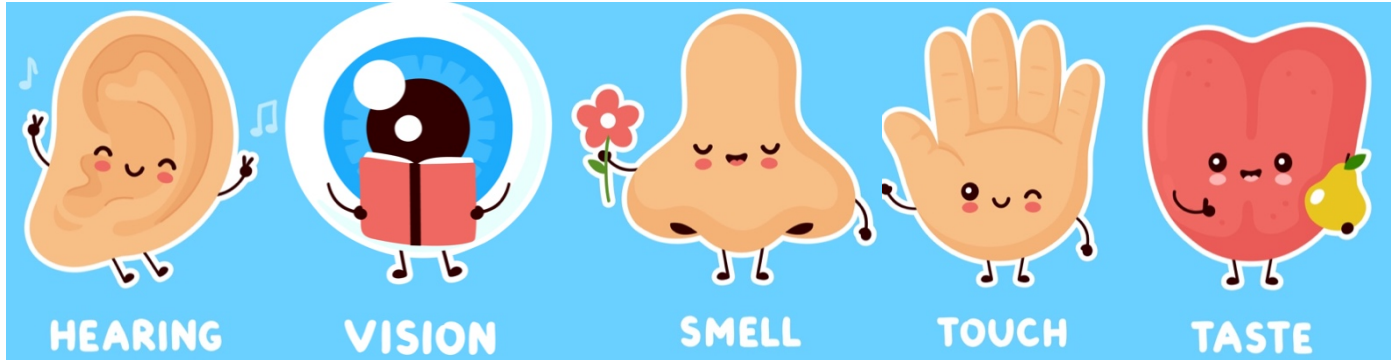
Whenever you feel frustrated at someone or at something, the best way to keep yourself calm is through your breathing practices. By taking deep breaths, it makes you feel better. Also, by practicing this breathing awareness we learn to understand the beauty of silence.

Which posture do you feel most comfortable in while doing this breathing practice? Do share with us on our Facebook community group page.

How do you feel after the breathing practice?

Day 3 –

Fire your senses



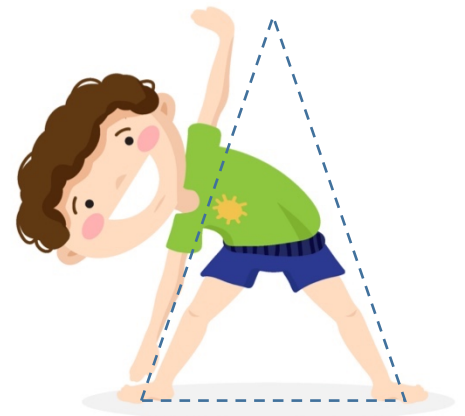
Heighten awareness of your five senses when you do your poses.

When you are doing your poses, notice how you feel on our skin. Do you feel a sense of stretch on your skin? Can you sense that you are pulling a muscle somewhere? If you do, which part is it can you feel, through the sense of touch?

During the moment of silence and calmness, your five senses can be at its best. Alert and sharp. But, how you can train your alertness at times when your mind is busy?



Did you know?



B.K.S. Iyengar is a world renowned yogi who shared the idea of **Holistic Meditative Vision**. You are able to sense your surroundings, through the corner of your eyes, vibe felt based on intuition, without seeing it with your very own eyes. For example, imagine you are walking into a hall of a holy place and by just standing in the space, you can sense the serenity of the hall, whispers of the hymn or music from an instrument played, the smell of woody, rustic old building and sensing peace.

Through a holistic meditative vision, you can sense how your posterior body felt, even though you can't see it. The sense of touch gives alertness that you are able to adjust body parts to maintain alignment of your posture. It also increases your level of concentration.

Let's discover how alert you are with your five senses. Impart the practice of calmness like the sloth as you go. Choose one of your favourite yoga posture.

Which yoga posture are you doing? Refer to 'Exploration 2: Expand and Extend from Core' for ideas.

Through the sense of touch, can you tell where do you feel stretch most?



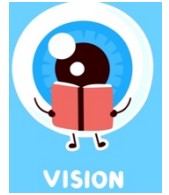
Is there any pain occurred? Did you adjust your pose so it doesn't hurt anymore? Did you release any muscular tension by letting go?



How do you feel? Joy? Confident? Fun?



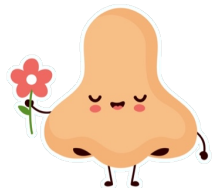
Were your eyes relax? Did you relax the skin on your forehead? Where were you looking at? Did you focus your attention to what is happening inside your body? Did you try the posture with your eyes closed?



Was your tongue relax or it's pressing hard against the top palette of your mouth?



How was your breathing? Was it fast breathing or normal breathing? Did you practise breathing awareness? Did you relax with your exhalation?



Have you notice the level of your attention span and concentration? How long was it?

Share with us any other experience of yours on how you have activated your five senses.
Did you go to the beach lately? Did you notice how soft the sand was like when you step on it?
How was the weather? Windy? Sunny? Tell us what you touch and feel, taste, smell and hear?
Don't forget to share your stories in our Facebook community group page.





Day 4 –

Think happy thoughts. Shake a calming jar.

Let's make a calming jar.

1. Grab a jar or other clear container that has a removable lid.
2. Fill it almost entirely with water, leaving room for other items you would like to insert. You can have marbles, crystal stones, or color papers as other choices.
3. Explore with a few different colors of glitter – both dry and glitter glue.
4. Add in a little baby oil to the mix.
5. Shake it up and there you have your very own calming jar.

Think happy thoughts. Have you had your calming jar and your favorite toy by your side?

1. Have a partner or your parent by your side to do this activity with you. However, if you prefer to do this alone, go ahead.
2. If you are having a particularly rough day or perhaps feeling sad on this day as your emotions are not in your control, hold the jar and close your eyes.
3. In your mind, think of that one thing that is troubling you and shake up the jar.
4. Next, open up your eyes and be still. While the glitter is settling you can think about ways that you can solve your troubles that can make you feel better. You can choose to discuss it with your mummy and daddy.
5. Alternatively, lie down and cuddle your favorite toy or favorite item.
6. Think of those happy memories you have in your mind. The joy and laughter you had before.
7. Do the 'Take Time and Breathe' practice. It will help bring you to a better place.

Did you know?

Whenever you are practicing a yoga pose that you think is impossible to do, all you need to do is to think happy thoughts, breathe slowly and stay calm.

Share a photo of your calming jar here!

You can have as many jars as you like but there is always ONE special jar. Feel free to share your photo in our Facebook community page.



Day 5 –

Poses that help me stay calm



Relax bit by bit, teddy Sam. Relaxation to reduce anxiety.

1. Get your favorite stuffed toy and have it by your side.
2. Find a comfortable place for you to lie down, so you can rest. Have your stuffed toy by your side and let's call him Sam.
3. Parent is sitting by your side and parent will be whispering to you as you close your eyes, coming to a rest.
4. Parent to read the following script, slowly, as you put your child to rest:
 - a. Now, let's pretend that you are Sam the teddy, relaxing your whole body.
 - b. If you haven't already, close your eyes now.
 - c. Feel the *right* side of your body. Relax your *right* hand thumb, *right* index finger, *right* middle finger, *right* ring finger, *right* little finger, palm, the back of your palm, *right* forearm, *right* elbow, *right* upper arm, *right* shoulder, *right* hip, *right* thigh, *right* knee, *right* shin, *right* heel, *right* ankle, *right* foot, *right* big toe, *right* second toe, *right* third toe, *right* fourth toe, *right* little toe, all five toes, *right* sole of your foot. Relax.
 - d. *Right* big toe, *right* second toe, *right* third toe, *right* fourth toe, *right* little toe, sole of your *right* foot, *right* heel, *right* ankle, *right* calve, back of your *right* knee, *right* thigh, *right* hip, *right* shoulder, *right* upper arm, *right* elbow, *right* forearm, *right* little finger, *right* ring finger, *right* middle finger, *right* index finger, *right* thumb, palm, the back of your *right* palm. Relax.
 - e. Repeat (b) and (c) but mention "left" as you go.
 - f. Right arm, whole of your right arm, left arm, whole of your left arm, both arms together relax.
 - g. Right leg, whole of your right leg, left leg, whole of your left leg, both legs together relax.
 - h. Arms, legs, whole body together, relax. Whole body together, relax.
 - i. Let yourself be in a place where you can rest so you can sleep soundly.

Suggestion: Parents can also touch the mentioned body parts as you speak. This is to help your child recognize the area of the body that they may be unsure about. It also helps to relax as your touch soothes your child.

Roll my legs over my head. Halasana or the plough pose calms the brain.

1. Begin to lie down with straight legs and arms by the sides of your body.
2. As you breathe in, lift up your legs high and support your hips with your hands by having your palms on the back of your hips.
3. If you are feeling comfortable on your neck, continue to gently roll the legs over the head and reach your toes to the floor. You can have a pillow on your back to support your body.
4. Maintain the legs mid way, hovering, rather than on the floor, if you feel a pain on your back, neck or shoulders.
5. Your arms remain on the floor if you can find a balance on your shoulders, else maintain your arms behind, supporting your back.
6. Once you find remain still, relax the entire body like a calm sloth, and notice how you feel.
7. To release from the pose, breathe out and gently allow your body to unroll to a flat position.
8. Watch the video under Exploration 3, in the members' portal for reference.



Balance on your shoulders like a candle

1. Have a partner or your parent by your side to spot you.
2. Have your mat ready. Begin to lie down with straight legs and arms by the sides of your body.
3. As you breathe in, lift your legs up high and support your hips with your hands by having your palms on the back of your hips. You can also have a pillow behind your back for support as it is more relaxing. Alternatively, you can rest your legs up against a wall.
4. Extend your legs up to the sky, lifting from your tailbone. Imagine a sloth holding on to the branch strongly with his feet while hanging upside down. Have your parent to hold your legs if you needed support.
5. Keep your arms steady, by anchoring your upper arms and elbows to the floor. The shoulder blades are moving inwards towards the midline of your body.
6. Relax your shoulders and your neck and notice how you feel.
7. You can also do this pose against the wall. Allow the legs to relax by the wall.
8. Watch the video under Exploration 3, in the members' portal for reference.



My body at a glance

Here is an overview of the parts of the body in which we will be focusing on as we go through a few series of poses in this activity. Bookmark this sheet as your reference guide along the way, as you discover new poses through the days.

