



6th March 2026



Session Overview

Calming Companions + more

In this session, we explored the idea that emotions are energy in motion – and that we can gently move through our feelings and return to calm.

We revisited this concept through the book *Let It Go: Emotions are Energy in Motion* by Rebecca Lipp, linking back to our Rainbow Sweepers from our previous session and how movement can help release big feelings.

Our music and movement brought us together in connection and joy, with familiar songs like *Friends from All Around the World* and actions to *The Happy Song* by Imogen Heap helping us reconnect and engage our bodies and brains.

A special highlight of the day was creating our own Calming Companions (calm down bottles). Each child thoughtfully designed their bottle, choosing beads, colours, and even adding meaningful touches like letter beads or secret messages to themselves. This process invited creativity, decision-making, and reflection, while also introducing a practical tool they can use to support their wellbeing.

We also introduced learning journals, which children began decorating and personalising – a special place we will continue to return to as their journey unfolds.



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Our craft activity was creating Calming Companions – personalised calm down bottles designed to support children in slowing their bodies and minds. We explored how watching the gentle movement of the glitter and objects inside can help our breathing soften and our thoughts settle, especially when feelings feel busy, big, or overwhelming. These special creations offer children a simple, comforting tool they can return to, helping them build confidence in finding their way back to calm.

We've attached the follow up ideas for using your Calming Companion to enjoy at home and support tamariki in applying their learning. Check it out here: holistichumanitynz.com/balance-bloom-whanau-area and use the password: bloomtogether



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At our nature table, we explored the thunderstorm page from the book *Slow Down*, inviting curiosity about weather, nature, and the rhythms of the world around us.

Children also explored early literacy and numeracy through puzzles and hands-on activities at the provocation tables, engaging with letters, numbers, and problem-solving in a playful and meaningful way.

We were also so happy to welcome a new friend, Lexi, who was warmly included by the group – a beautiful reflection of the sense of belonging growing within our space.

To close, we gathered in our reflection and gratitude circle, sharing ideas for how to use our calming companions at home and celebrating all that we had created and experienced together.

It was a session full of creativity, intention, and gentle learning, with children beginning to build real, usable tools to support themselves.

We look forward to seeing you again soon!

Arohanui,
Becki, Sean & Donovan

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