

Calming Companions

YOUR PORTABLE PAL

Your Calming Companion is here to support you-helping you find calm and presence during life's ups and downs.

We all experience big feelings sometimes, and this special companion is thoughtfully designed to guide you through those moments with increased ease.

When emotions feel strong, simply shake your Calming Companion to release the energy in your body. Then, as you take slow, deep breaths and watch it settle, let your own feelings settle too.

This gentle practice helps remind you that emotions are like waves- they rise and fall, but they don't last forever. By releasing energy in motion (e-motion), you help your mind and body stay balanced and well.

No matter how big a feeling is, your Calming Companion is here to show you that, with time, awareness, and compassion, everything returns to calm.

Plus, there are many fun games and activities to explore with your Calming Companion! These hands-on mindfulness practices help support self-regulation, making it easier to navigate emotions while promoting a sense of balance and wellbeing.

You've got this!

www.holistichumanitynz.com

Calming Companions

YOUR PORTABLE PAL

Some ideas for using your bottle:

- try to count out the total number of beads/decoratives inside
- find all of the specific kind of beads e.g how many teddy bears can you count?
- locate all the letter beads and spell out the word/s
(see if you can spell anything else using those letters too!)
- write out a list of all the different beads, and add pictures!
- practice your deeeeeep breaths, counting as you turn your bottle upside down and back again
(make your exhale longer than your inhale to promote further relaxation)

What other ideas can you come up with?

Share yours with us on instagram at @_holistichumanity,
@sacredbeingsnz @_connectedcreatives

www.holistichumanitynz.com



