



My Busy Brain

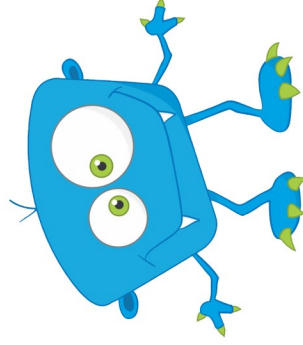
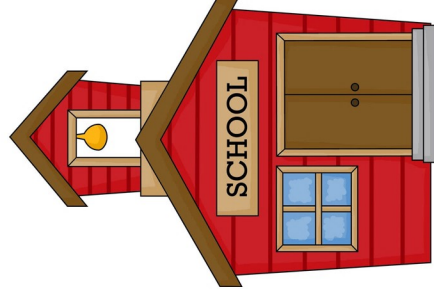
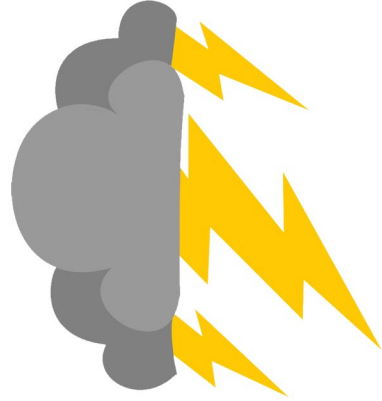
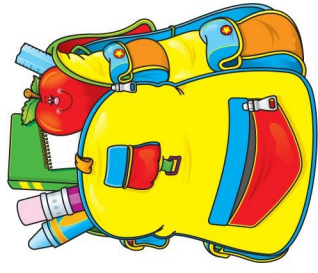
I did this craft with my Big Kid Yogis (3rd-5th grade) and they truly enjoyed it.

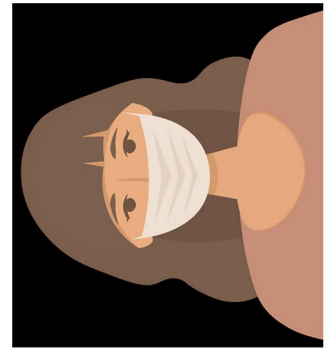
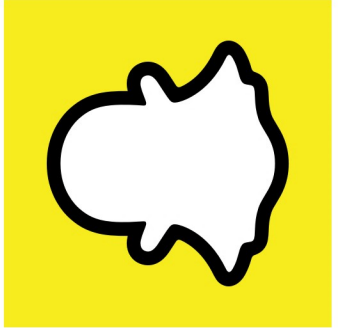
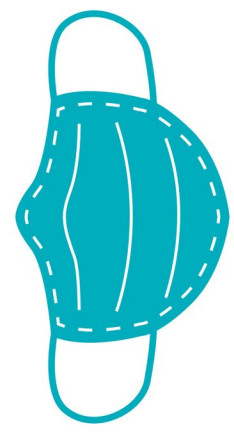
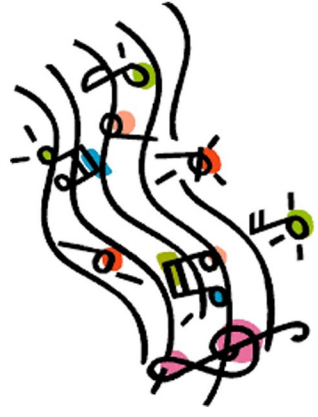
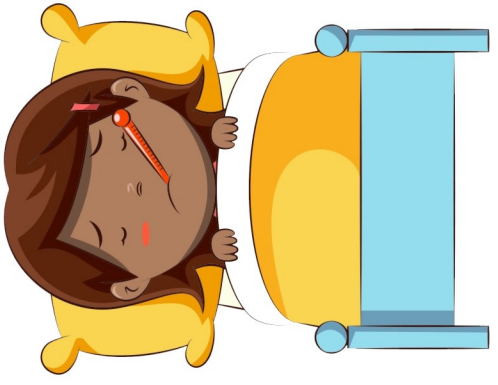
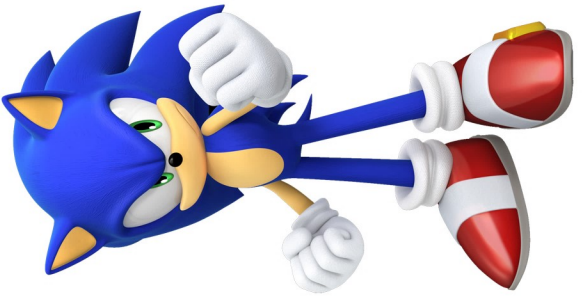
I started off by talking about our how busy our brains are annnd how smart they are ... they can think a lot of thoughts at one time, and multitask like a boss! That's awesome ... but it also makes our brains tired ... they need a rest! The only time our brains get a break is when we give them one on purpose with meditation.

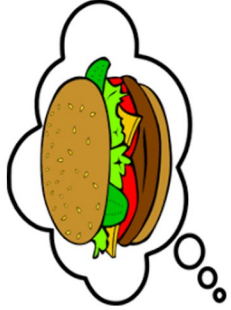
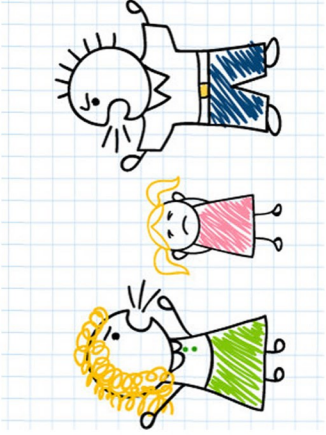
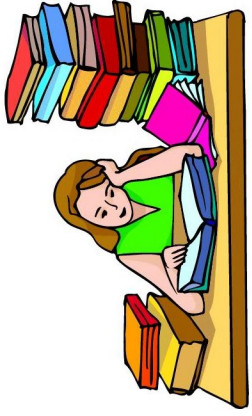
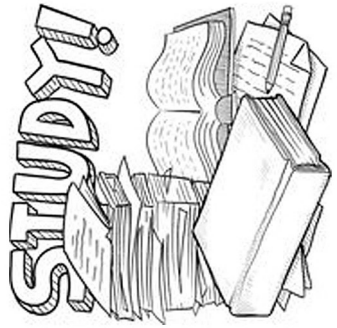
They understood all of that, but I still wanted them to get a visual of how many thoughts our brains can have at once (or in a sitting, an hour, a day, etc.).

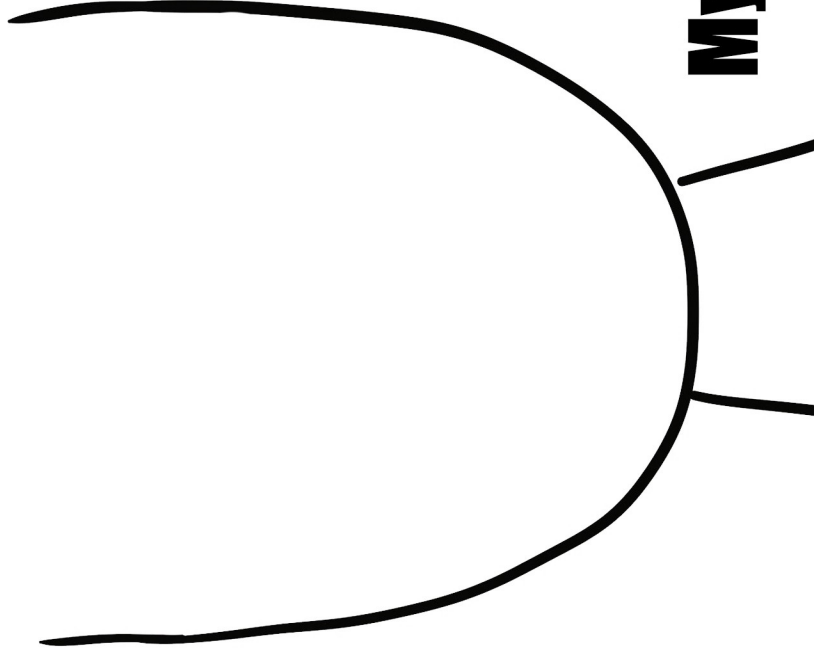
I gave them the paper that says "My Busy Brain" at the bottom, and 3 sheets of images I pulled of things I thought might cross a kiddo's mind throughout the day (thinking about being cold, worrying about school, thinking about playing with their friends, wondering when they could eat a snack, etc.). I told the kids to look through the images and then cut out anything their brains might think about during the day. I then had them glue the pics on to their paper so it looked like the jumbled thoughts were coming out of their brains.

Some kids drew things that I didn't have pictures of (like ... yoga class, how much they missed their grandma, their dog, etc.) and I loved that. You can also have pages ripped from magazines handy for kids to cut up. It's alllll good. The goal is just for them to see how hard their brains work during the day and how badly they need a little meditation love.









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