



# PLAY Teen Kit Guide Book

WE ARE SO THANKFUL THAT YOU HAVE CHOSEN TO GET THIS KIT THROUGHPLAY!

ATPLAYWE FIND SO MUCH JOY IN TEACHING YOU THE CONCEPTS OF HOW TO BRING MINDFULNESS, MOVEMENT, ART, AND LEARNING TO YOUR LIFE THROUGH ACTIVE, PLAYFUL INTERACTIONS.

WE WANTED TO ADD A GENTLE REMINDER THIS IS FOR PERSONAL USE ONLY AND NOT TO BE RE-DISTRIBUTED FOR BUSINESS OR OTHER PURPOSES.






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## Welcome to your PLAY Teen Mindful Kit!

Mindfulness is the ability to stay present and attend to this moment with kindness and compassion. There are numerous benefits for kids of all ages.

Studies have shown that mindfulness can help:

-  Make your home a safe and loving space
-  Decrease stress and anxiety
-  Increase self-regulation abilities
-  Decrease aggression and negative behaviors
-  Create a positive and welcoming atmosphere

The more mindful we are, the more we're aware of ourselves, and what's going on around us. In turn, we're less reactive or overwhelmed by what's happening in our environment. Ready to bring more mindfulness to your life? Enjoy this **PLAY Teen Kit Guide** as your road-map to exploring all the benefits of mindfulness in your life.



**Pro tip:** laminate or use page protector sheets for any instruction pages you want to use over and over again



**Pro tip:** You can use dry erase markers on laminated or page-protectors to reuse over and over again



**Pro tip:** Be as imaginative with these mindfulness tools as you'd like, these are just recommended activities to get these wonderful items out of the box and into your life

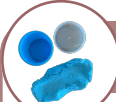
# What you get in this kit



## Calming Sticker

A great tool for calming and mindful breathing exercises

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## Sensory Tool

A relaxing way to focus your attention skills and relieve stress

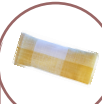
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# Calming Sticker

These textured sensory adhesives can be stuck on laptops, notebooks, mobile phones, water bottles and more, reducing your stress and bringing you peace. The movement of the fingers on the symbol “ 8 ”, combined with breathing, can help to release stress and anxiety. Touch, scratch, or trace the textured surface to regulate restless energy, increase focus, and remind yourself to just breathe.



## Calming sticker breathing activity

1

Place a finger on the textured infinity sticker and get in a comfortable position.

2

Close your eyes slightly and look at the tip of your nose, inhale first for 4-7 seconds.

3

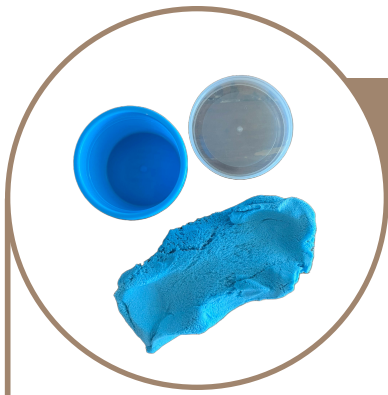
Then exhale for 4-7 seconds as your finger traces the infinity.

4

Continue to inhale and exhale as you trace the shape. Repeat as necessary.



Pro tip: Close your eyes completely and let your finger trace the shape as it moves along.



## Sensory Tool

This is a way to connect your senses including sight, sound, touch, and smell. This will help you practice and strengthen your attention and focusing skills. Use it to help you shift your mood and your attention in a way that puts you in control of how you feel.

### Kinetic Sand Activity

**1**

Start out by shifting your body into a comfortable position. No matter where you are, bring your attention to your body and how you are feeling.

**2**

Hold the sand in your hand. Bring your mind to notice how it feels, what are the textures, and what you see.

**3**

Does this remind you of anything? Notice where your mind wanders to, and pay attention to the meaning behind where your mind goes. Practice allowing your thoughts to be as they are without forcing them to change. Just notice how you feel.

**4**

You can always repeat this activity. Noticing where your mind wanders, how you feel, the shapes you notice in the sand.



**Pro tip:** Take notes or journal on where your mind wanders, how you feel, what shapes you notice in the sand, and how you feel after to bring a greater sensory awareness.

# Affirmation Cards

Affirmations are short self affirmation statements that we repeat to ourselves. These affirmation cards can be used to make daily affirmation practice much easier. Hang them up to decorate your space and/or use them for fun to encourage self-confidence. Embracing positive affirmations within your own life can help increase your stamina for taking chances and exploring your interests.



## Morning Routine

1

Pick one card from the deck at random as your chosen affirmation of the day.

2

As you read the positive affirmation on the card, allow yourself to truly feel the uplifting words within every cell of your being.

3

Allow yourself to truly believe the words. Trust that this affirmation came to you today for a reason.

4

Spend time reflecting. What do the words mean to you? How can this positive affirmation support you today?

5

Slide the card into your pocket or bag, and set the intention to look at it and feel the positive words within you throughout the day.



**Pro tip:** Many affirmation card decks are so beautiful, you could consider them art. So why not treat them like art and display them in a place where you can see them throughout the day?

# Comfort Companion



The comfort companion is a fun and effective way for to practice mindfulness. For many of us, focusing and paying attention to our breath can be a little more difficult. This comfort companion is made of soft material and is both comforting to the eye and touch. This can promote and help with any sensory issues and provide a sense of safety and relaxation.

## Lay down and breathe activity

**1**

Lay down on the floor/mats/  
wherever you feel safe and cozy.  
Close your eyes if you are  
comfortable.

**3**

Take a big inhale and watch/feel  
your body as the comfort companion  
brings you to a place of sensory

**5**

Continue on your own breath pattern  
watching/feeling your comfort  
companion

**2**

Place the comfort companion on  
your stomach, over your eyes, in  
your hands or even under your  
head as a pillow.

**4**

Then exhale fully and watch/feel your  
body release any tension and stress



Pro tip: You can use any other  
small object that feels significant  
to you (make sure it won't be  
distracting).



Pro tip: Journal about how you  
feel after breathing and anything  
you noticed.



# Yoga Cards



These yoga cards are a great way to provide fun and individualized mindful movement into your life. Complete with detailed instructions on how to do each pose, these yoga cards can bring joy and grounding, and connection no matter how you decide to use them. We recommend having a home yoga area or station to build strength, stamina, and get out the stresses of life.

## Mindful Movement Yoga

1

Identify your Intention. What brings you to the yoga mat? What do you hope to get out of today's practice?

2

Choose your sequence of cards. Lay them out on the floor next to your mat. Put on calming music if you would like.

3

Begin your sequence. Stay and breathe in each posture for 8 to 10 breaths. Notice how your body feels.

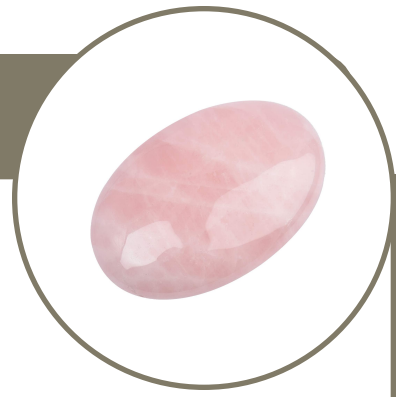
4

Do the whole routine twice on both sides. End in stillness while lying on your back for a few minutes.



Pro tip: Remember that Yoga is a body, breath, and mind discipline

# Crystals



Some people believe crystals have healing abilities for the mind, body, and soul. An open mind is key to obtaining the positive qualities these beautiful stones can offer. Picking up a crystal can help you switch out of autopilot into the present. Use this stone and to manifest the change you want to see in your life.

## Crystal healing exercise

**1**

Gaze at the crystal with softly focused eyes. Breathe in deeply. Notice the color and texture of the stone.

**2**

As you breathe out follow the lines as they spiral down from top to bottom, allow your thoughts to drift away into the reflection until you come to a point of stillness.

**3**

Squeeze the crystal and then loosen your grip. As you do so, repeat a mantra.

**4**

Make sure you are in a comfortable and safe space to relax and let your worries go. Repeat exercise as often as needed.

# Essential Oils



Essential oils are oils that are infused with particular scents to enhance the mood or feeling of a person or space. They can be a great asset to the home to promote positive attitude, focus, calm, wake up energy, and so much more depending on the scent and your particular needs in that moment. Included are four different fun blends you can try out in your home.



## Good Vibes cheerful blend



Bergamot



Wild Orange



Grapefruit



Ylang Ylang



Lemon



## Chill peaceful blend



Lavender



Vetiver



Sandalwood



Ylang Ylang



Spearmint



## Power powerful blend



Cedar



Sandalwood



Clove



Spearmint



Frankincense



## Wake up thoughtful blend



Chamomile



Vetiver



Frankincense



Wild Orange



Spearmint



**Pro tip:** Check for any smell sensitivities/allergies before bringing essential oils into your home.

# Journal

The act of routinely journaling one's experiences and expressing thoughts, emotions, and significant events can have a positive effect on mental health and self discovery. Journalling can help you become more aware of yourself and your surroundings in life.



## Journal prompt writing

**1**

Pick a prompt from the list that feels right for you to explore today.

**2**

Open your journal and let yourself write any thoughts that come to mind.

**3**

Take as little or long of time you need to complete your thoughts

**4**

Spend time reflecting. What do the words you wrote mean to you?



Pro tip: Come up with your own prompts to use

# Want more?



*Because our youth, families, and communities deserve our support, and the tools to nurture mind, body and spirit.*

Established in 2017, PLAY is a Phoenix-based non-profit, dedicated to offering innovative mindfulness-related tools and training to children, their families and the professionals who support them.

We integrate mindfulness, art, and yoga into a holistic framework that empowers individuals to cultivate inner and external strength, self-awareness, and compassion for themselves and others.

Visit us online at: [playphx.org](http://playphx.org)

Instagram: [play\\_phx](https://www.instagram.com/play_phx)

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