

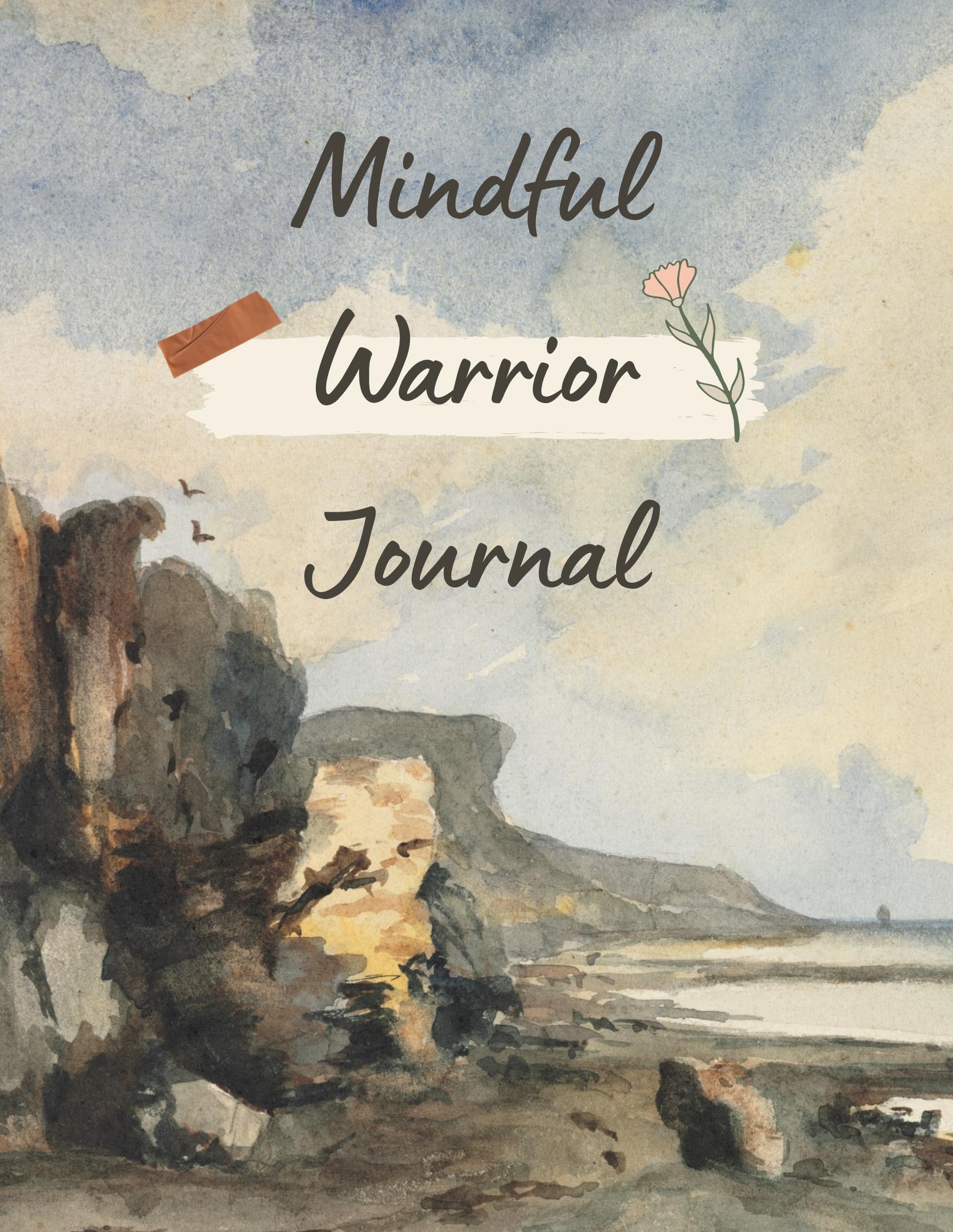
Mindful



Warrior



Journal



Day 1

# BREATH WORK

• BREATHE IN. BREATHE OUT. •

Discover the incredible potential within your  
breath

# Self Building Practice

## *Breath Work*



Breath work is a superpower for students and veterans:

1. Stress-Buster: Take a breath and let stress melt away.
2. Emotion Mastery: Find calm amidst chaos with the power of your breath.
3. Laser Focus: Boost concentration and stay on top of your game.
4. Resilience Builder: Bounce back stronger from life's challenges.
5. Anxiety and PTSD Support: Harness the breath to find peace within.
6. Mindfulness Adventure: Explore the present moment and discover hidden treasures.

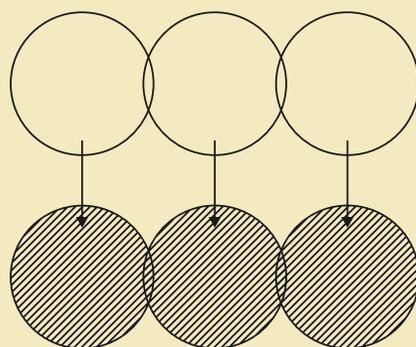
Unleash the power of your breath for a more resilient, focused, and mindful you.

# Breath Work Session 1

## Workshop 1: Energise and Awaken (10 minutes)

1. Find a comfortable seated position with your spine tall and shoulders relaxed.
2. Take a few deep breaths to settle into the present moment.
3. Begin by practicing "Bellows Breath" (Bhastrika Pranayama): Inhale deeply through your nose, expanding your belly, and exhale forcefully through your nose, contracting your belly. Repeat this vigorous breathing pattern for 10 rounds, gradually increasing the pace and intensity.
4. Transition to "Alternate Nostril Breathing" (Nadi Shodhana Pranayama): Close your right nostril with your right thumb and inhale deeply through your left nostril. Then, close your left nostril with your ring finger, release the right nostril, and exhale through the right nostril. Repeat this pattern for several rounds, focusing on smooth, even breaths.
5. Conclude the session with a few minutes of slow, deep breathing, allowing the energy you've cultivated to settle within.

Add Reflection notes below -How did it feel physically ? How did it feel emotionally ? How is your mood ?



Day 2

# CHAIR YOGA

• BRINGING AWARENESS TO  
MOVEMENT •

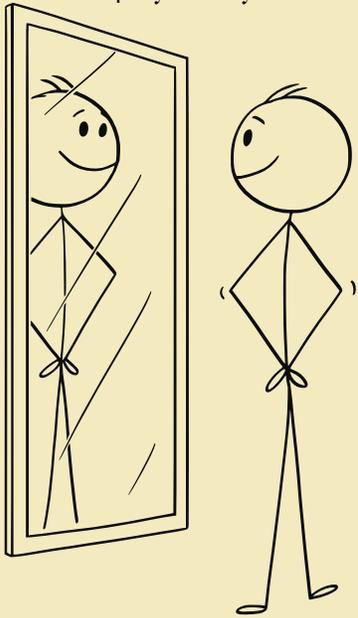
Yoga is not about touching your toes, it's about  
what you learn on the way down

# Chair Yoga Session 1

## Session 1: Seated Warm-Up (10 minutes)

- Start with deep breathing exercises to promote relaxation and focus.
- Gentle neck stretches and shoulder rolls to release tension.
- Wrist and hand exercises to increase flexibility and improve mobility.
- Ankle and foot rotations to stimulate circulation and reduce stiffness.
- End with seated spinal twists to energise the body.

Reflect - How was the Chair Yoga session for you? How did it feel physically? How did it feel emotionally? How is your mood?



Day 3

# SHARED STORIES

- Ignite imagination, touch hearts, and inspire change •

Through storytelling, we find common ground and discover that our experiences are not so different after all. It's in these shared stories that we build bonds, break down barriers, and create a sense of togetherness. So let's keep sharing our stories and keep weaving the beautiful tapestry of human connection.

# Reflective Practice

*If You Really Knew  
Know* **BE** *You Would*

Write your story below

Don't forget to



share on Facebook

Day 4

# INTENTIONS

• THIS IS NOT A GOAL •

Unlike a goal, an intention is about staying on track rather than reaching an end point!

# Self Building Practice

## Setting Intention

---

Setting an intentions acts as a reminder. Write your intention below

A sense of purpose, a guiding light, Unveiling the meaning that feels so right.  
Setting intentions, with mindful grace, Aligning our actions in life's vibrant embrace.

A purpose, a compass that guides our way, Illuminating our path, day by day.  
Intentions, like whispers from the soul, Weaving dreams into reality's scroll.

Through purpose, we find our truest desire, Setting intentions, stoking inner fire.  
In harmony they dance, like melodies entwined, Guiding our journey, with purposeful mind.

Together they bring fulfillment and zest, Unveiling the treasures that lie within  
our chest. A life imbued with purpose and intention, A symphony of dreams, a soul's ascension.

Day 5

# FINDING A PAUSE

• CENTREING •

Sometimes life can feel overwhelming, filled with endless tasks, responsibilities, and distractions. In the midst of this fast-paced world, it is essential to find a pause, a moment of stillness that allows you to reconnect with yourself and find inner calm.

## Self Building Practice 1

# Centring - Touch

**FOFBOC** is an acronym for a mindfulness practice that stands for "Feet on Floor, Bum on Chair." It is a simple and effective technique that helps to anchor oneself in the present moment and cultivate mindfulness. Here's an explanation of each component:

**Feet on Floor:** This refers to bringing awareness to the sensation of your feet touching the ground. Whether you are sitting or standing, take a moment to notice the pressure, weight, and contact of your feet with the floor or any surface they are resting on. This grounding connection serves as a reminder to be fully present in your body and the current moment.

**Bum on Chair:** This component directs attention to the physical sensation of sitting on a chair or any seating surface. Notice the support and stability provided by the chair beneath you. Feel the contact between your body and the seat, allowing it to help you relax and feel grounded in the present moment.

By focusing on the physical sensations of your feet on the floor and your bum on the chair, **FOFBOC** helps to anchor your attention to the present moment, grounding you in your immediate surroundings. It serves as a simple anchor point for mindfulness, drawing your awareness away from racing thoughts or distractions and bringing you back to the here and now.

**FOFBOC** can be practiced anytime, anywhere, and is particularly useful during moments of stress, overwhelm, or when you find your mind wandering. It helps to promote a sense of stability, presence, and groundedness, allowing you to engage more fully in your present experience and cultivate a greater sense of mindfulness and awareness.

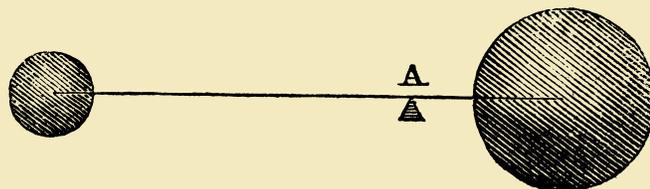
## Other Centring practices

# *Centring using the breath*

Sometimes I find that my energy is scattered and it really helps me to spend a few minutes getting centered. Here's a simple technique to gather your energy and attention to help you feel more grounded and centered in the present.

Stand or sit with your feet about shoulder width and relax your knees, don't lock them. Bring your attention to a point in your abdomen about two inches below your navel and about an inch into your body. This is the actual center of gravity of your body. Focusing attention on this point is used in most martial arts to gather and generate vital energy. Spend a few minutes focusing on this point and feeling gravity connecting your body to the earth. This is a practice you can do inconspicuously any time you feel the need to be Mindful

by Patricia A. Jennings, Daniel J. Siegel



Day 6

# CHAIR YOGA

• BRINGING AWARENESS TO  
MOVEMENT •

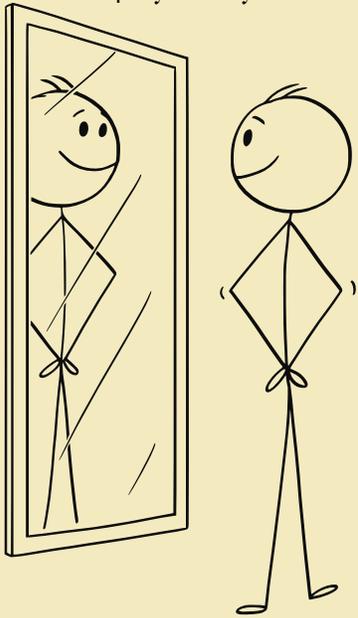
Yoga is not about touching your toes, it's about  
what you learn on the way down

# Chair Yoga Session 2

## Session 2: Upper Body Strength (10 minutes)

- Seated arm circles and shoulder shrugs to warm up the upper body.
- Bicep curls using resistance bands or small weights for strengthening.
- Tricep dips on the edge of the chair to target the back of the arms.
- Chest openers and shoulder stretches to improve posture and flexibility.
- Finish with deep breathing and relaxation.

Reflect - How was the Chair Yoga session for you? How did it feel physically? How did it feel emotionally? How is your mood?



Day 7

# GRATITUDE

- Gratitude is the gateway to abundance •

In a heartfelt gesture of appreciation, the students took the time to write letters of gratitude to veterans. This initiative aimed to recognize and express their heartfelt thanks to those who have served their country with bravery and selflessness. Now let's all embark on a "What am I grateful for?" challenge, where we reflect on the blessings in our own lives and share gratitude with one another. This powerful exercise not only deepens appreciation for the sacrifices made by veterans but also fosters a sense of gratitude and connectedness within the student community.

# Letter To a Veteran

Dear Veterans,

I am writing this letter to express my deepest appreciation and gratitude for your incredible service to our country. Your selflessness, courage, and dedication have allowed us to enjoy the freedom and opportunities we have today.

Words alone cannot adequately convey the depth of my gratitude for the sacrifices you and your families have made. You have put your lives on the line, enduring hardships and challenges that most of us cannot fully comprehend. Your unwavering commitment to protecting our nation is truly inspiring.

Through your service, you have taught me the importance of not taking anything for granted. Your sacrifices have reminded me to cherish every moment and embrace the freedoms we often overlook. Your bravery serves as a constant reminder of the value of living each day to the fullest.

I am grateful for the lessons you have taught me about resilience, determination, and the true meaning of sacrifice. Your stories and experiences have broadened my perspective and instilled in me a deep appreciation for the rights and privileges we enjoy.

As a student, I am committed to honoring your legacy by embracing the values you have fought to protect. I strive to make a positive impact in my community and uphold the ideals that you have defended. Your service has inspired me to pursue my dreams fearlessly and to contribute to a better world.

Please know that your dedication and sacrifices have not gone unnoticed or unappreciated. I am forever grateful for your service, and I am committed to carrying your spirit of bravery, honor, and patriotism with me throughout my life.

Thank you, from the bottom of my heart, for all that you have done for our country. Your bravery and sacrifice will always be remembered and cherished.

With utmost gratitude, Zara

Zara

# Letter To a Veteran

Dear Veterans,

I wanted to take a moment to express my deepest gratitude for your service to our country. Your dedication, sacrifice, and bravery have made a lasting impact, and I hold immense respect for the challenges you have faced.

As a young person, I may not fully comprehend the mental and physical hardships you endured during your service. However, I want you to know that I truly value and appreciate the sacrifices you have made. Your commitment to protecting our nation is an inspiration to me and countless others.

In our ever-changing and often chaotic world, I believe it's important for both veterans like yourself and my fellow peers to discover and utilize mindful strategies for finding calm and happiness. The practices we have learned and cultivated can serve as powerful tools to navigate the challenges we face.

By embracing mindfulness, we can learn to be present in each moment, finding solace in the midst of chaos. It allows us to connect with our inner selves, fostering a sense of peace and well-being. Through mindfulness, we can develop greater self-awareness, emotional resilience, and compassion for ourselves and others.

While our experiences may differ, I believe that we can find common ground in the pursuit of a more peaceful and harmonious world. Together, let us honor your service by continuing to learn and grow, supporting each other through mindful strategies, and creating a positive impact in our communities.

Once again, thank you from the depths of my heart for your service and sacrifice. Your courage and dedication have shaped our nation and continue to inspire generations to come. It is an honor to walk this journey alongside you.

With sincere appreciation,  
Alexandra

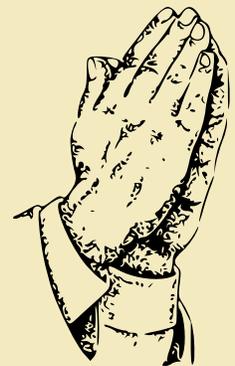
Alexandra

# Gratitude Journal

I am grateful for

•

Tailor your journal to fit your emotional needs. For example, if you notice that you're growing a chip on your shoulder at school or at home, you can practice gratitude, and every day you can spend a few minutes reflecting in your journal on reasons you have to be grateful. If you're feeling down, you can spend time recalling and writing about joyful times



Day 7

# REFLECTION

• NON JUDGEMENTAL •

In mindfulness, reflection means carefully observing and exploring our thoughts, emotions, and experiences without judging them. It's about becoming more aware of ourselves and the present moment. Reflection helps us understand our thoughts and feelings better, which can lead to personal growth and a clearer perspective. It's a way to develop self-awareness, gain insight, and appreciate the present moment without judgment.

Thursday

Friday

Saturday

Sunday

Complete your weekly reflection for each daily challenge

Monday

Tuesday

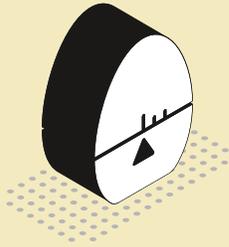
Wednesday

Complete your weekly reflection for each daily challenge

Day 8

# SOLUTION BASED THINKING

Solution-based thinking is an approach that helps us find practical and positive solutions to problems. Instead of getting stuck on the problem itself, we focus on finding ways to solve it. It encourages us to think proactively, use our strengths, and explore available resources to make progress and improve the situation. Solution-based thinking helps us develop problem-solving skills and a positive mindset, which are valuable for success in school and in life.



## Solution Based Thinking Practice

This practice is used with an Egg Timer or any 3 minute timer.

First 3 minutes -

Sit with a friend set the timer and tell your concern to your friend before the 3 minute timer goes off.

Second 3 minutes -

Sit in silence for 3 minutes, get up walk about or sit still. Reflect on your concern under the times goes off

Third 3 minutes -

Sit with your friend again and find a solution to the concern before the timer goes off

**Concern**

**Solution**

Concern	Solution

Day 9

# CHAIR YOGA

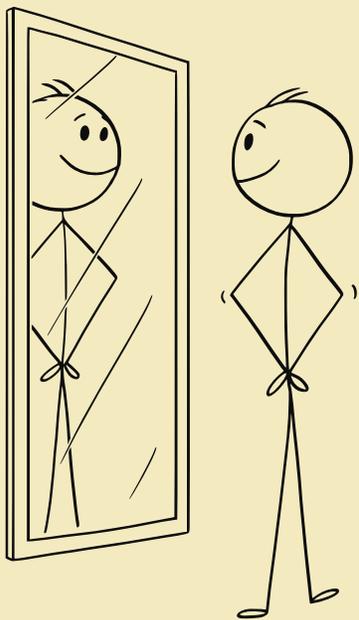
• BRINGING AWARENESS TO  
MOVEMENT •

Yoga is not about touching your toes,  
it's about what you learn on the way  
down

# Chair Yoga Session 3

## Session 3: Core Stability (10 minutes)

- Seated abdominal crunches to engage the core muscles.
- Side bends and seated twists to work the oblique muscles.
- Pelvic tilts and seated cat-cow stretches to activate the abdominal muscles and promote spinal flexibility.
- Modified seated plank exercises for overall core strength.
- Conclude with a calming breathing exercise.



Reflect - How was the Chair Yoga session for you? How did it feel physically ? How did it feel emotionally ? How is your mood ?

Day 10

# LETTING GO

• COGNITIVE DEFUSION, •

Letting go" thinking, as practiced through the "Leaves on a Stream" meditation, helps us release and detach from thoughts and emotions. By imagining thoughts as leaves floating on a stream, we learn to observe them without getting caught up in them. This practice brings a sense of calm and mindfulness, reducing stress and improving focus.

# Leaves on a Stream Meditation



- How did you visualize your thoughts (i.e., words, images, or something else)?
- Did your mind get hooked by thoughts? If so, were you able to unhook yourself and come back to the stream?
- Did any negative or painful thoughts show up? Were you able to place these thoughts on leaves and allow them to float by at their own pace?
- How do you feel now?

Day II

# BREATH WORK

• BREATHE IN. BREATHE OUT. •

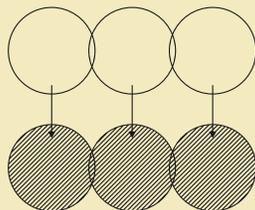
Discover the incredible potential within  
your breath

# Breath Work Session 2

## Workshop 2: Calm and Center (10 minutes)

1. Find a comfortable seated position or lie down on your back, ensuring your body is fully supported.
2. Close your eyes and bring your awareness to your breath. Notice the natural rhythm of your inhales and exhales.
3. Begin with "Deep Belly Breathing" (Diaphragmatic Breathing): Place one hand on your belly and the other on your chest. Inhale deeply through your nose, allowing your belly to rise as you fill your lungs with air. Exhale slowly through your nose, feeling your belly gently sink. Repeat this pattern for several rounds, focusing on deep, relaxed breaths.
4. Continue with "Extended Exhale Breathing": Inhale deeply through your nose for a count of four, and exhale slowly through your nose for a count of eight. This extended exhale helps activate the body's relaxation response and calms the nervous system. Repeat this pattern for several minutes, allowing yourself to sink deeper into relaxation.
5. Conclude the session by gently bringing your awareness back to your surroundings, wiggling your fingers and toes, and slowly opening your eyes.

Add Reflection notes below- How did it feel physically ? How did it feel emotionally ? How is your mood ?



Day 12

# CURIOSITY

- THE FLAME OF KNOWLEDGE  
AND UNDERSTANDING •

Curiosity is the gateway to mindfulness, as it invites us to observe the present moment with an open and non-judgmental mind.

---

## Reflective Practice

*What judgements do I commonly make about myself and my future?*

Are you the farmer or the neighbours ??

---

## Reflective Practice

*What judgements do I commonly make about others and their futures?*

Are you the farmer or the neighbour ??

Day 13

# CHAIR YOGA

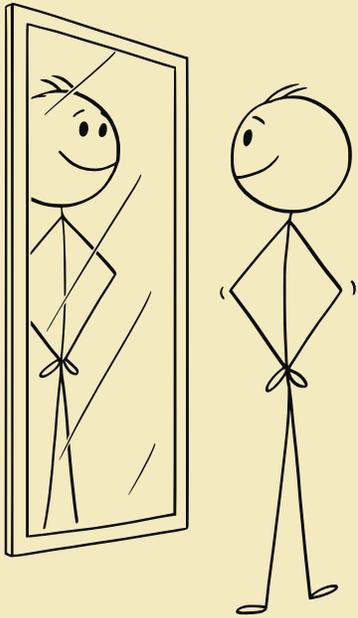
• BRINGING AWARENESS TO  
MOVEMENT •

Yoga is not about touching your toes, it's about  
what you learn on the way down

# Chair Yoga Session 4

## Session 4: Lower Body Flexibility (10 minutes)

- Seated forward folds and hamstring stretches to increase flexibility.
- Hip circles and knee lifts to improve joint mobility.
- Seated leg extensions and ankle pumps to strengthen the lower body.
- Gentle seated squats to engage the leg muscles.
- End with a relaxation exercise and deep breathing.



Reflect - How was the Chair Yoga session for you? How did it feel physically ? How did it feel emotionally ? How do you feel now ?

Day 14

# GRATITUDE

- Gratitude is the gateway to abundance •

In a heartfelt gesture of appreciation, the students took the time to write letters of gratitude to veterans. This initiative aimed to recognize and express their heartfelt thanks to those who have served their country with bravery and selflessness. Now let's all embark on a "What am I grateful for?" challenge, where we reflect on the blessings in our own lives and share gratitude with one another. This powerful exercise not only deepens appreciation for the sacrifices made by veterans but also fosters a sense of gratitude and connectedness within the student community.

# Letter To a Veteran

Dear Veterans,

I wanted to take a moment to reach out and send you warm wishes for a life filled with happiness and joy. As a veteran, you have shown immense bravery and strength, and I want to remind you of your incredible worth and importance.

The sacrifices you have made for our country should never be overlooked or forgotten. Your dedication and service have played a significant role in safeguarding our freedom, and for that, I am eternally grateful. You have displayed courage in the face of adversity, and your commitment to protecting our nation is truly admirable.

In the midst of your selfless acts, it is essential to remember that you are not only a hero but also an amazing person. Your presence and contributions make a difference, and your experiences have shaped you into the remarkable individual you are today.

Never doubt your significance and the impact you have had on the lives of many. Your bravery and sacrifice inspire others, and your story serves as a reminder of the strength that lies within each of us. Your service has touched hearts and instilled a sense of gratitude and admiration in countless people, myself included.

As you continue your journey beyond the battlefield, may you find joy, fulfillment, and contentment in all aspects of your life. Embrace the moments of happiness and let them be a testament to your resilience and unwavering spirit.

Please remember that you matter. Your presence and contributions make a significant difference, and your value extends far beyond the uniform you once wore. Your service has left an indelible mark on our nation, and your continued presence enriches the lives of those around you.

Thank you for your selflessness, your sacrifices, and your unwavering commitment. You are truly appreciated and cherished.

Wishing you a future filled with abundant happiness, joy, and fulfillment.

With utmost respect and gratitude,

Dylan

A handwritten signature in cursive script that reads "Dylan".

# Letter To a Veteran

Dear Veterans,

I wanted to take a moment to express my heartfelt gratitude for your service and sacrifice in defending our freedom. Your bravery and commitment are truly inspiring, and I am deeply thankful for the contributions you have made.

Knowing that there are individuals like you who have dedicated themselves to protecting our country fills me with admiration and respect. Your unwavering courage in the face of adversity sets an example for all of us. Your sacrifices have not gone unnoticed, and I am grateful for the freedom and opportunities I have today because of your service.

As a young person, I look up to veterans like you and hope to embody your bravery and dedication in my own life. Your commitment to something greater than yourself is a reminder of the importance of service, integrity, and resilience. I aspire to make a positive impact in the world, just as you have done.

Please know that your contributions are valued, and your legacy will continue to inspire future generations. The sacrifices you have made will forever be remembered and honored. From the depths of my heart, thank you for your service.

With gratitude and admiration,  
Lewis

Lewis

# Gratitude Journal

I am grateful for

- 

Tailor your journal to fit your emotional needs. For example, if you notice that you're growing a chip on your shoulder at school or at home, you can practice gratitude, and every day you can spend a few minutes reflecting in your journal on reasons you have to be grateful. If you're feeling down, you can spend time recalling and writing about joyful times



Day 14

# REFLECTION

• NON JUDGEMENTAL •

In mindfulness, reflection means carefully observing and exploring our thoughts, emotions, and experiences without judging them. It's about becoming more aware of ourselves and the present moment. Reflection helps us understand our thoughts and feelings better, which can lead to personal growth and a clearer perspective. It's a way to develop self-awareness, gain insight, and appreciate the present moment without judgment.

Thursday

Friday

Saturday

Sunday

Complete your weekly reflection for each daily challenge

Monday

Tuesday

Wednesday

Complete your weekly reflection for each daily challenge

Day 15

# SHARED STORIES

• Ignite imagination, touch hearts, and inspire change •

Through storytelling, we find common ground and discover that our experiences are not so different after all. It's in these shared stories that we build bonds, break down barriers, and create a sense of togetherness. So let's keep sharing our stories and keep weaving the beautiful tapestry of human connection.

# Reflective Practice

*Veterans in Northern Ireland share their stories*

How do these stories make you feel? What did you take from these stories?

Don't forget to



share on Facebook

Day 16

# CHAIR YOGA

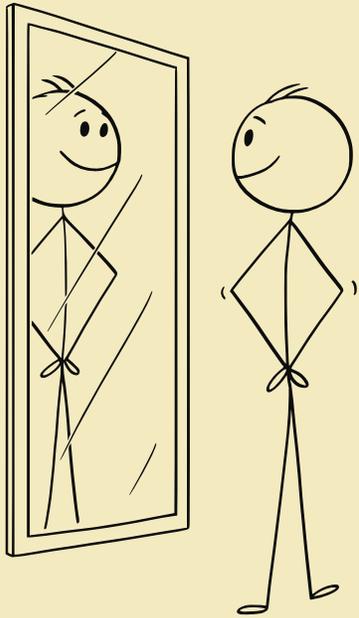
• BRINGING AWARENESS TO  
MOVEMENT •

Yoga is not about touching your toes, it's about  
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# Chair Yoga Session 5

## Session 5: Balance and Posture (10 minutes)

- Seated side leg lifts and ankle circles to enhance balance and stability.
- Seated spinal extension and chest opener stretches for improved posture.
- Modified tree pose to challenge balance and strengthen the legs.
- Seated warrior pose for stability and grounding.
- Finish with a relaxation and grounding exercise.



Reflect - How was the Chair Yoga session for you? How did it feel physically ? How did it feel emotionally ? How do you feel now ?

Day 17

# RELAXATION

• BODY SCAN •

A body scan can benefit both students and veterans by reducing stress, increasing self-awareness, improving focus, releasing physical tension, regulating emotions, strengthening the mind-body connection, and promoting better sleep.

# *What Sensations Are In My Body?*



1. Warmth
2. Coldness
3. Tingling
4. Numbness
5. Pressure
6. Lightness
7. Heaviness
8. Itching
9. Tension
10. Relaxation
11. Pulsing
12. Throbbing
13. Aching
14. Stiffness
15. Flexibility
16. Tickling
17. Prickling
18. Burning
19. Dullness
20. Sensitivity



Day 18

# BREATH WORK

• BREATHE IN. BREATHE OUT. •

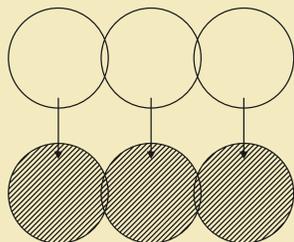
Discover the incredible potential within your  
breath

# Breath Work Session 3

## Workshop 3: Focus and Clarity (10 minutes)

1. Find a comfortable seated position with your spine tall and shoulders relaxed.
2. Take a few moments to settle into your breath, allowing any tension or distractions to melt away.
3. Begin with "Box Breathing" (Square Breath): Inhale deeply through your nose for a count of four, hold the breath for a count of four, exhale slowly through your nose for a count of four, and hold the breath out for a count of four. Repeat this pattern for several rounds, focusing on the equal duration of each phase.
4. Transition to "Bee Breath" (Bhramari Pranayama): Close your eyes and gently close your ears with your thumbs, placing your index fingers lightly over your closed eyelids. Inhale deeply through your nose, and as you exhale, produce a soft humming sound like a bee. Feel the vibrations in your head and let the sound soothe your mind. Repeat this pattern for several rounds.
5. Conclude the session by taking a few moments of silent observation, noticing any changes in your mental clarity and focus.

Add Reflection notes below - How did it feel physically ? How did it feel emotionally ? How is your mood ?



Day 19

# LETTER TO ME

• Become your own Cheerleader •

Writing a kind letter to yourself is a powerful practice that allows you to offer encouragement, acknowledgment, and compassion to your own being. It is an act of self-care and self-love that can have a profound impact on your self-esteem, self-worth, and overall well-being. By taking the time to reflect on your journey, celebrate your accomplishments, and offer words of support, you create a space of kindness and positivity within yourself.

# LETTER TO ME

Complete your letter by filling in the gaps and read your letter out loud to yourself. Feel free to create your own letter. Now put your letter into an envelope and set a reminder on the 1st September to open your letter.

Hi

I am writing this letter to remind you that you are

I am so proud to see how far you have come. I know you have experienced a lot of  
in your life, but do not let it stop you from reaching your goals by using the Mindfulness tools.

Remember you are important and

Do not forget that each day you are capable of

Accept the mistakes you have made as learning experiences that you can always find a solution to.  
Your story is still being written.

Love yourself first and remember that you can be the eye of the hurricane when  
Do not give up on yourself, the best is yet to come.

Love, ME

Day 20

# CHAIR YOGA

• BRINGING AWARENESS TO  
MOVEMENT •

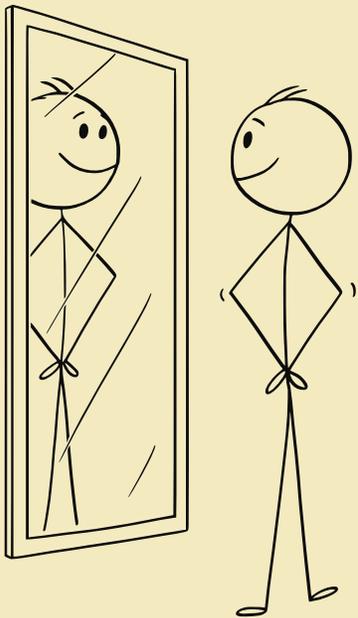
Yoga is not about touching your toes, it's about  
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# Chair Yoga Session 6

## Session 6: Relaxation and Stress Relief (10 minutes)

- Deep breathing exercises to promote relaxation and reduce stress.
- Gentle shoulder and neck stretches to release tension.
- Seated forward folds and stretches to calm the mind and body.
- Mindfulness meditation or guided imagery to promote relaxation.
- Conclude with a soothing breathing exercise.

Reflect - How was the Chair Yoga session for you? How did it feel physically ? How did it feel emotionally ? How do you feel now ?



Day 21

# GRATITUDE

- Gratitude is the gateway to abundance •

In a heartfelt gesture of appreciation, the students took the time to write letters of gratitude to veterans. This initiative aimed to recognize and express their heartfelt thanks to those who have served their country with bravery and selflessness. Now let's all embark on a "What am I grateful for?" challenge, where we reflect on the blessings in our own lives and share gratitude with one another. This powerful exercise not only deepens appreciation for the sacrifices made by veterans but also fosters a sense of gratitude and connectedness within the student community.

# Letter To a Veteran

Dear Veterans,

I want to take a moment to send my heartfelt blessings and gratitude to you and your families for the incredible sacrifices you have made on our behalf. Your courage, dedication, and selflessness are truly commendable, and I am in awe of your strength.

The sacrifices you have made, both on the battlefield and on the home front, have touched the lives of countless individuals. Your unwavering commitment to protecting our country is an inspiration to me and many others. I hope that I can embody even a fraction of the bravery and resilience you have shown.

In return for your service, I wish you comfort and happiness. May you find peace in the knowledge that your sacrifices have not gone unnoticed or unappreciated. You have made a significant impact, and your legacy will endure for generations to come.

Please remember that your contributions matter. You have shaped our nation and made it a better place. I am eternally grateful for your service, and I hold you and your families in the highest regard.

May your days be filled with love, support, and joy. You deserve nothing less.

With deepest respect and admiration,  
Abigail

A handwritten signature in cursive script that reads "Abigail".

# Letter To a Veteran

Dear Veteran,

Thank you does not seem enough to convey the depth of my appreciation for all that you have done. Your service and sacrifices have made a profound impact on our nation, and for that, I am truly grateful.

As I reflect on the challenges you have faced and the hardships you have endured, I can only imagine the toll it may have taken on your well-being. In times when life may not be so good, I want to offer you comfort, happiness, and contentment. You deserve moments of peace and joy.

I also want to share with you the strategies and techniques I have learned from the Mindful Warriors. These mindfulness practices have helped me navigate through difficult times and find inner calm amidst chaos. It is my hope that these strategies can provide you with solace and support as well.

Please know that you are not alone. Your sacrifices have not gone unnoticed, and there are resources available to help you along your journey. Reach out to your fellow veterans, your support networks, and explore the mindfulness techniques we have learned together.

Once again, thank you for your service and for being an inspiration to us all. May you find moments of tranquility and strength as you continue your path.

With heartfelt gratitude,

Ben



# Positivity Journal

I am grateful for

- 

Tailor your journal to fit your emotional needs. For example, if you notice that you're growing a chip on your shoulder at school or at home, you can practice gratitude, and every day you can spend a few minutes reflecting in your journal on reasons you have to be grateful. If you're feeling down, you can spend time recalling and writing about joyful times



Day 21

# REFLECTION

• NON JUDGEMENTAL •

In mindfulness, reflection means carefully observing and exploring our thoughts, emotions, and experiences without judging them. It's about becoming more aware of ourselves and the present moment. Reflection helps us understand our thoughts and feelings better, which can lead to personal growth and a clearer perspective. It's a way to develop self-awareness, gain insight, and appreciate the present moment without judgment.

Thursday

Friday

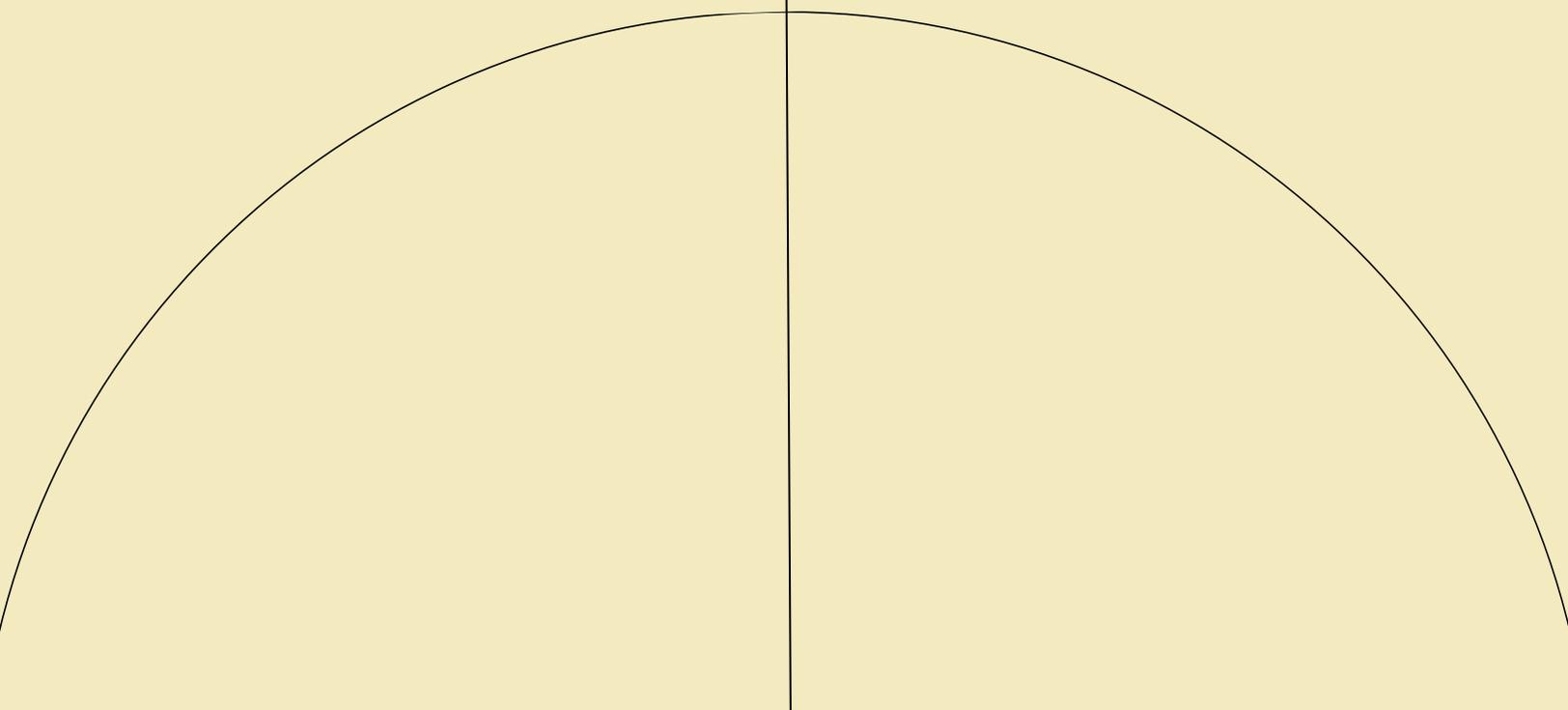
Saturday

Sunday

Complete your weekly reflection for each daily challenge

Monday

Tuesday



Wednesday

Complete your weekly reflection for each daily challenge

Day 22

# EYE OF THE HURRICANE

• Stillness and Clarity amidst life's chaos •

Being the eye of the hurricane means finding calm amidst chaos and remaining centered in the face of challenges. It involves mindfulness, self-awareness, and resilience. By practicing detachment, self-reflection, and deep breathing, we can respond to difficult situations with clarity and wisdom. This empowers us to navigate life's storms with inner peace and stability.

# *Eye of the Hurricane Meditation*

- What was it like to connect to the observing self?
- How do you feel now?
- Did you resonate with the metaphor of the eye of the hurricane?
- If not, can you think of another metaphor that would resonate with you more?



Day 23

# CHAIR YOGA

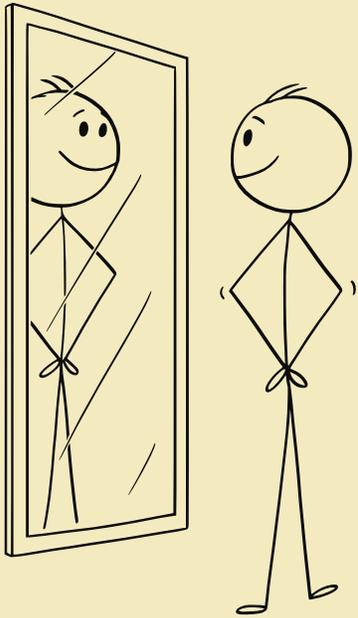
• BRINGING AWARENESS TO  
MOVEMENT •

Yoga is not about touching your toes, it's about  
what you learn on the way down

# Chair Yoga Session 7

## Session 7: Energising Flow (10 minutes)

- Seated sun salutations to energise the body and warm up the muscles.
- Seated mountain pose and seated side bends to promote circulation.
- Seated spinal twists and seated forward folds for a gentle stretch.
- Seated warrior flow to engage the entire body.
- End with a cool-down and deep breathing.



Reflect - How was the Chair Yoga session for you? How did it feel physically ? How did it feel emotionally ? How do you feel now ?

Day 24

• LOVE &  
KINDNESS •

Love and kindness practices benefit veterans and students by fostering emotional well-being, empathy, and connection. For veterans, these practices aid in emotional healing and self-compassion during transition. Students develop empathy and positive relationships. Techniques include meditation, gratitude, and acts of kindness, promoting positivity and resilience. Benefits include improved well-being, reduced stress, stronger social connections, and a compassionate community.

# Connection practice

What words of kindness did you send to others and to yourself?

Don't forget to



share on Facebook

"May he be surrounded by love and support, finding peace in every step of his journey."

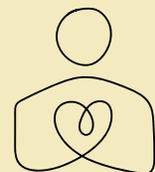
"May he be filled with strength and resilience, overcoming any challenges he may face."

"May he be blessed with joy and laughter, finding happiness in the simplest moments."

"May he be granted courage and guidance, navigating life's path with confidence and determination."

"May he be embraced by compassion and understanding, knowing that he is valued and appreciated."

*Caring Rituals in your community*



Day 25

# BREATH WORK

• BREATHE IN. BREATHE OUT. •

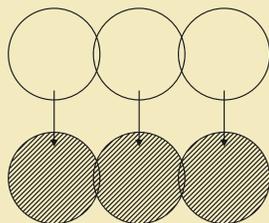
Discover the incredible potential within your  
breath

# Breath Work Session 4

## Workshop 4: Release and Let Go (10 minutes)

1. Find a comfortable seated position or lie down on your back, allowing your body to fully relax.
2. Close your eyes and bring your attention to your breath, letting go of any thoughts or tension.
3. Begin with "Deep Sigh Breathing": Inhale deeply through your nose, and on the exhale, release a deep sigh, letting go of any stress or heaviness. Repeat this pattern for several rounds, using the sigh as a way to release tension.
4. Practise "Extended Exhale Breathing": Inhale deeply through your nose for a count of four, and exhale slowly through your mouth for a count of eight. As you exhale, imagine letting go of any negative emotions, worries, or burdens. Repeat this pattern for several minutes, allowing yourself to release and let go with each breath.
5. Conclude the session by taking a moment to connect with your body and express gratitude for the release and lightness you've cultivated.

Add Reflection notes below - How did it feel physically ? How did it feel emotionally ? How is your mood ?



Day 26

# GIVING BACK

• NO ACT OF KINDNESS, NO  
MATTER HOW SMALL, IS EVER  
WASTED. •

Tasks

- Reflect on a time that you have helped someone
- Do something this week to help someone

# Giving Back

Veterans and students should engage in giving back because it benefits both themselves and the community. Here are some reasons and ways to give back:

1. Volunteering: By volunteering, veterans and students can develop new skills, gain valuable experiences, and create a sense of purpose and fulfillment. It also allows them to make a positive impact on others and contribute to the well-being of the community.
2. Mentoring: Becoming a mentor provides an opportunity for veterans and students to share their knowledge and experiences, inspire others, and make a difference in someone's life. It fosters personal growth and helps build strong connections and relationships.
3. Donations: Giving financial donations or donating goods and resources allows veterans and students to support causes they care about. It enables them to address specific needs within the community, whether it's related to education, healthcare, or social issues.
4. Random acts of kindness: Engaging in small acts of kindness promotes empathy, compassion, and a sense of interconnectedness. Veterans and students can brighten someone's day by offering help, kindness, or support, creating a positive ripple effect in their community.
5. Fundraising: Organizing or participating in fundraising activities empowers veterans and students to advocate for causes they believe in. It encourages teamwork, leadership skills, and the ability to mobilize resources for important initiatives.
6. Environmental stewardship: Taking part in environmental initiatives allows veterans and students to contribute to the well-being of the planet and promote sustainability. They can engage in activities such as conservation efforts, cleanups, or raising awareness about environmental issues.
7. Supporting local businesses: By supporting local businesses, veterans and students help stimulate the local economy, create job opportunities, and preserve the unique character of their community. It encourages a sense of pride and connection to their surroundings.

Engaging in giving back benefits veterans and students by promoting personal growth, building meaningful connections, and fostering a sense of purpose. It also allows them to positively impact the community, address social issues, and create a better world for themselves and others.

# Self Building Practice

*Think About a person You have Helped*

What do they look like?

Describe the time when you helped someone

Where were you?

Who were you with?

What was everyone doing?

Notice how you feel as you experience giving this care, help or support?

What sensations do you feel in your body?

Day 27

# CHAIR YOGA

• BRINGING AWARENESS TO  
MOVEMENT •

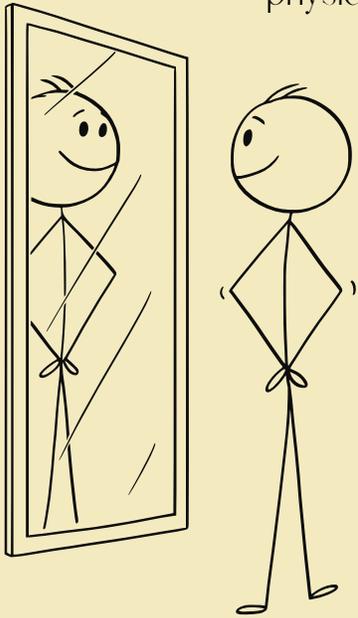
Yoga is not about touching your toes, it's about  
what you learn on the way down

# Chair Yoga Session 8

## Session 8: Joint Mobility (10 minutes)

- Seated shoulder rolls and wrist rotations to improve joint mobility.
- Seated hip circles and knee lifts to lubricate the joints.
- Seated ankle rolls and toe taps to increase flexibility.
- Gentle range of motion exercises for each joint.
- Conclude with relaxation and deep breathing.

Reflect - How was the Chair Yoga session for you? How did it feel physically ? How did it feel emotionally ? How do you feel now ?



Day 28

# GRATITUDE

- Gratitude is the gateway to abundance •

In a heartfelt gesture of appreciation, the students took the time to write letters of gratitude to veterans. This initiative aimed to recognize and express their heartfelt thanks to those who have served their country with bravery and selflessness. Now let's all embark on a "What am I grateful for?" challenge, where we reflect on the blessings in our own lives and share gratitude with one another. This powerful exercise not only deepens appreciation for the sacrifices made by veterans but also fosters a sense of gratitude and connectedness within the student community.

# Letter To a Veteran

Dear Veteran,

Thank you for your service. Your dedication, bravery, and selflessness make you an honorable person in my eyes. The example you have set in my life is something I deeply admire, and I aspire to live up to it.

You are a courageous hero who has faced challenges with unwavering strength and determination. Your sacrifices have not gone unnoticed, and I want you to know that you will always have my utmost respect.

The impact you have made, both in defending our country and in shaping the lives of those around you, is immeasurable. Your selfless actions have left an indelible mark on our nation, and your legacy will continue to inspire generations to come.

As I reflect on your service and sacrifice, I am reminded of the importance of gratitude and appreciation. Your commitment to something greater than yourself serves as a constant reminder to honor and respect the freedoms we enjoy.

Please know that your dedication and bravery have touched the lives of many, including mine. You are a true role model, and I am grateful to have you as an inspiration.

With deepest respect and admiration,  
Amelia

A handwritten signature in cursive script that reads "Amelia".

# Letter To a Veteran

Dear Veteran,

You have risked everything for the sake of our country, and I have nothing but the utmost respect and admiration for you and your incredible contributions. The words "Thank You" cannot adequately express the depth of gratitude I feel towards you.

Your selfless actions and sacrifices have left an indelible mark on our nation, and your courage serves as an inspiration to us all. I want to remind you to love yourself and to always remember the greatness within you.

You have demonstrated unwavering bravery and dedication, and your service has made a profound impact on the lives of countless individuals. Your commitment to something greater than yourself is truly remarkable, and it is an honor to know individuals like you exist.

As you continue on your journey, please know that you are appreciated, valued, and loved. Take time to cherish and care for yourself, for your well-being is important. Your greatness shines brightly, and I hope you never forget that.

With heartfelt gratitude and admiration,  
Maddie

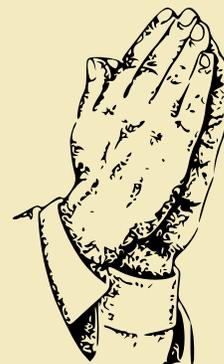
A handwritten signature in cursive script that reads "Maddie". The letters are fluid and connected, with a prominent 'M' and 'D'.

# Positivity Journal

I am grateful for

- 

Tailor your journal to fit your emotional needs. For example, if you notice that you're growing a chip on your shoulder at school or at home, you can practice gratitude, and every day you can spend a few minutes reflecting in your journal on reasons you have to be grateful. If you're feeling down, you can spend time recalling and writing about joyful times



Day 29

# CHAIR YOGA

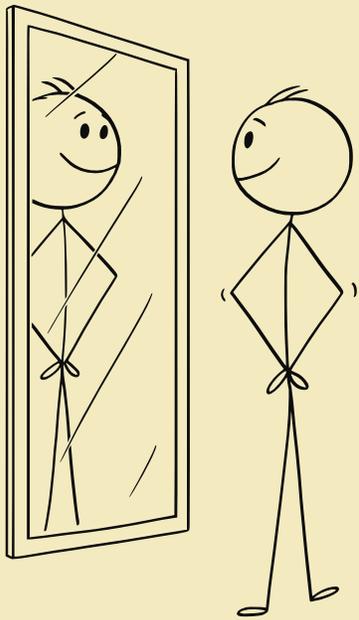
• BRINGING AWARENESS TO  
MOVEMENT •

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# Chair Yoga Session 9

## Session 9: Upper Body Stretching (10 minutes)

- Seated neck stretches and shoulder rolls to release tension.
- Chest and shoulder stretches to improve posture and relieve tightness.
- Arm and wrist stretches to increase flexibility and mobility.
- Upper back stretches to alleviate stiffness and promote relaxation.
- Finish with a relaxation exercise and deep breathing.



Reflect - How was the Chair Yoga session for you? How did it feel physically ? How did it feel emotionally ? How do you feel now ?

Day 30

# PRACTICE

• THE KEY TO REPETITION IS PRACTICE AND  
CONSISTENCY. •

Welcome to your final reflection session. As we come near to the end of this journey, it is an opportune time to delve into three of your favorite practices that have brought you the most peace, insight, and growth.

practice 1

practice 2

practice 3

Complete your weekly reflection for each daily challenge

Day 31

# CHAIR YOGA

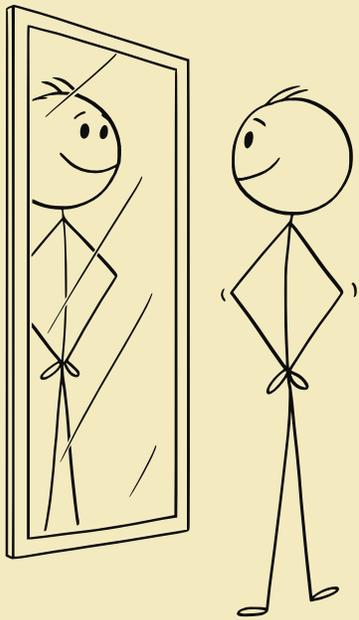
• BRINGING AWARENESS TO  
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# Chair Yoga Session 10

## Session 10: Full Body Relaxation (10 minutes)

- Progressive muscle relaxation, starting from the head down to the toes.
- Seated side stretches and gentle twists to release tension.
- Deep breathing exercises to calm the mind and body.
- Guided meditation or visualisation for complete relaxation.
- Conclude with a grounding exercise and gratitude reflection.



Reflect - How was the Chair Yoga session for you? How did it feel physically ? How did it feel emotionally ? How do you feel now ?

Day 31

# Rose-Thorn-Bud

• Knowing yourself is the beginning of all wisdom •

Dear Mindful Warriors,

Let's play a game called "Rose-Thorn-Bud" to strengthen our bond and share our experiences.

We'll start by sharing a "Rose," something positive that has brought us joy recently. Then, we'll share a "Thorn," a challenge or difficulty we have faced. Finally, we'll share a "Bud," something we are looking forward to or hopeful about.

Through this game, we'll cultivate empathy, support, and inspiration within our community. Let's create a space where we can celebrate, uplift, and motivate each other.

# Rose-Thorn-Bud

Reflective Practice

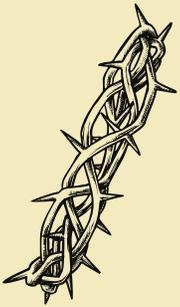


something positive that has brought us joy recently

Don't forget to



share on Facebook



a challenge or difficulty we have faced



something we are looking forward to or hopeful about.