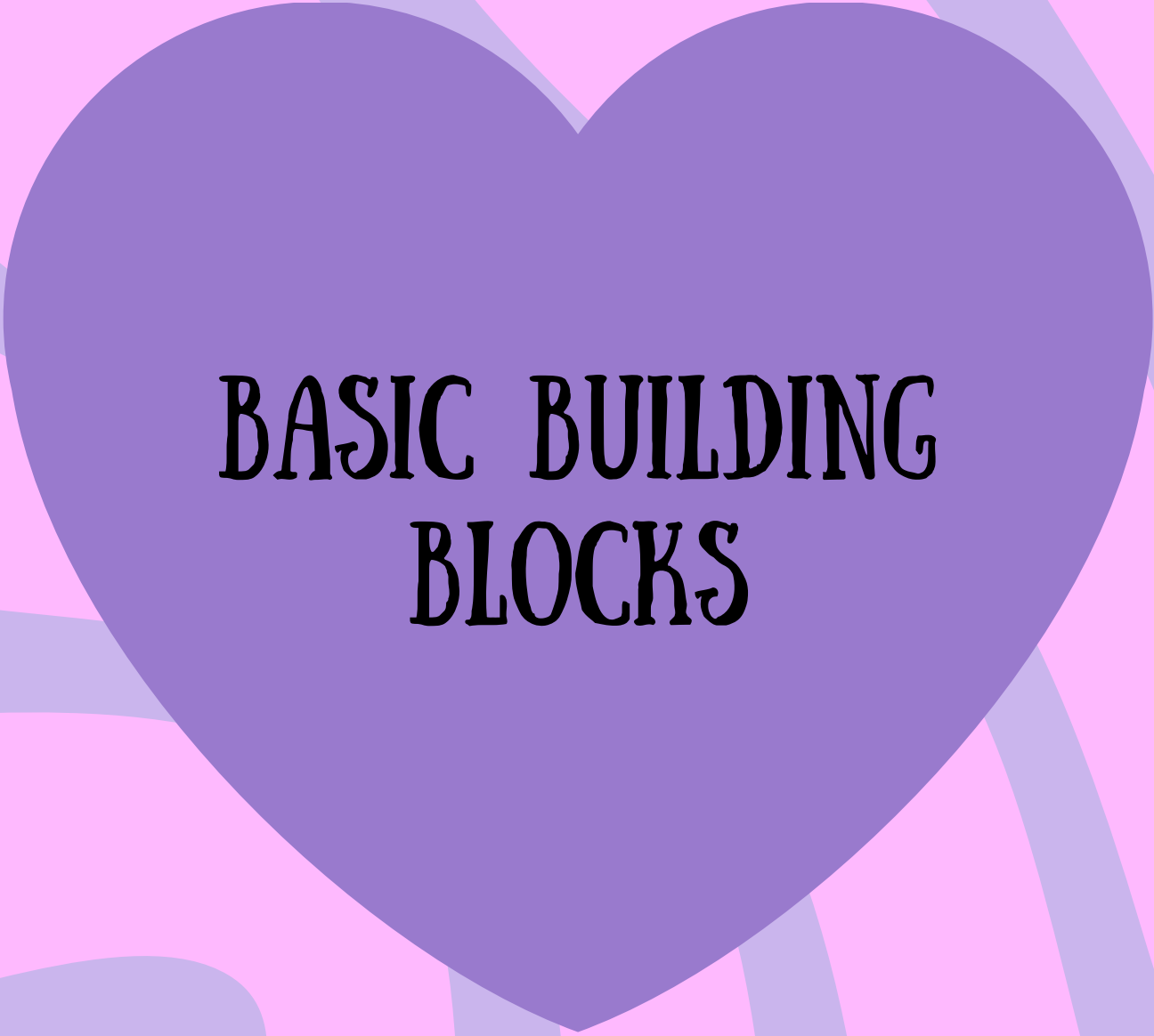




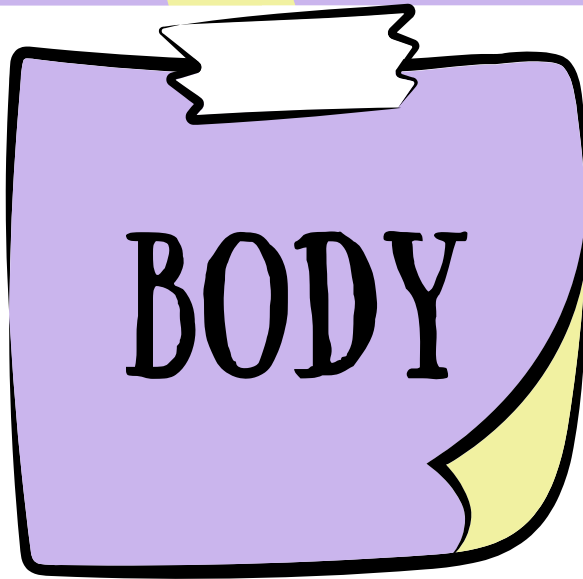
BOLD SELF: BASICS FOR KIDS

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BASIC BUILDING BLOCKS

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CHOICES FOR HOW YOU CAN CARE FOR & SUPPORT YOUR BODY:

- Physical movement / play / sports
- Stretching
- Hydrating (drinking water)
- Rest (getting great sleep)
- Eat nutritious food (like fruits & vegetables)
- Grounding in nature (walking barefoot or sitting under a tree)

You can do any kind of movement that you like, the important thing is that you move your body! Movement helps us relieve stress and move emotions through the body.



CHOICES FOR HOW YOU CAN CARE FOR & SUPPORT YOUR BEING:

- Journaling
- Meditation
- Affirmations
- Healing music (frequencies, singing bowls)
- Connecting with nature (Grounding)

Choose an activity to practice doing daily to take care of your being. Being is an activity that allows you to be present with yourself.

- Example: I choose to do affirmations daily before starting my day at school, so I can show myself love and have a great day!



CHOICES FOR HOW YOU CAN CARE FOR & SUPPORT YOUR BALANCE:

- Appreciation notes
 - To yourself, friend, family member, pet teacher, your choice!
- Play date / Quality time with yourself or another person
 - Have fun! Be yourself!
- Write in your Journal or notebook
 - express gratitude

Balance is how you take care of your relationships. How you talk to and see yourself will reflect back to you in your other relationships.



CHOICES FOR HOW YOU CAN CARE FOR & SUPPORT YOUR LEARNING AND GOALS:

- Schoolwork
 - Assignments from teachers / coaches
- Learning (outside of school)
 - Something you are passionate about
 - This can be knowledge and/or a skill
- Creating your own business
- Express yourself!
 - Example: music, art, movement, service, invention

Learning is all about expressing yourself, building skills, and acting on daily, inspirational steps towards your goals.