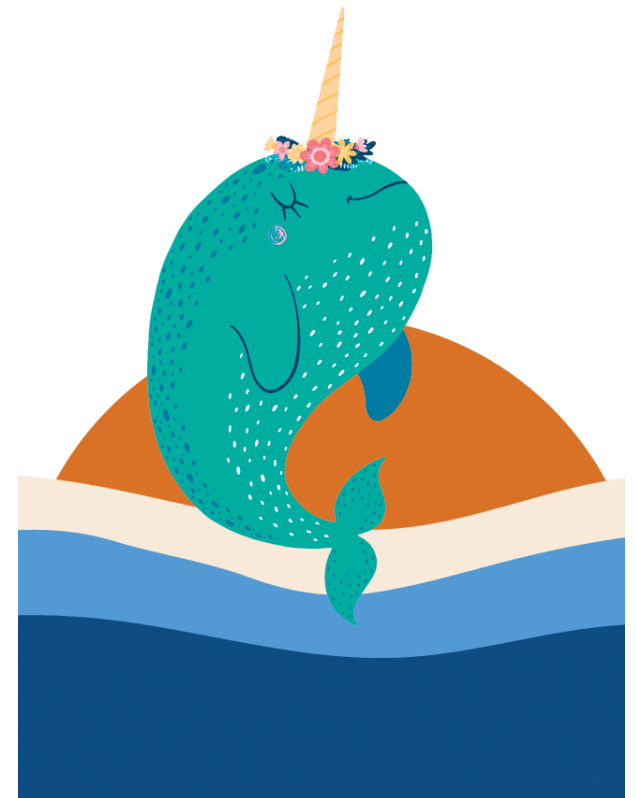




Narwhal



Animal Spirit Mindfulness Game



## Koala cuddles are the best!

If you feel uncomfortable or sad, it might be a good idea to ask someone you love for a koala cuddle. Koalas don't have a lot of energy, so they must move slowly and rest often.

The Spirit of the Koala helps us remember to check in with our feelings, slow down, and be deliberate with our choices and actions.

Use the Spirit of the Koala to remind yourself and others that it's ok to embrace stillness.

CK

## Lions are confident and wise!

Lions are the king of beasts for their strength and courage, but also knowing when to choose fight or flight.

Use the Spirit of the Lion to help you decide whether to assert yourself or walk away from a stressful situation.

Call on the Spirit of the Lion when you feel your body going into 'battle' mode. Take deep breaths that fill your belly and help you to relax so you can make confident, wise choices.

CK

## Narwhals are unique!

The narwhal is the unicorn of the ocean. Its unique long tusk has thousands of sensory receptors that make narwhals very sensitive to their environment.

That's why the Spirit of the Narwhal represents individuality, inspires creativity, and hidden talents.

When you feel overwhelmed or that you don't fit in, call on the Spirit of the Narwhal to celebrate your unique gift. Take comfort in surrounding yourself with family and good friends.

CK

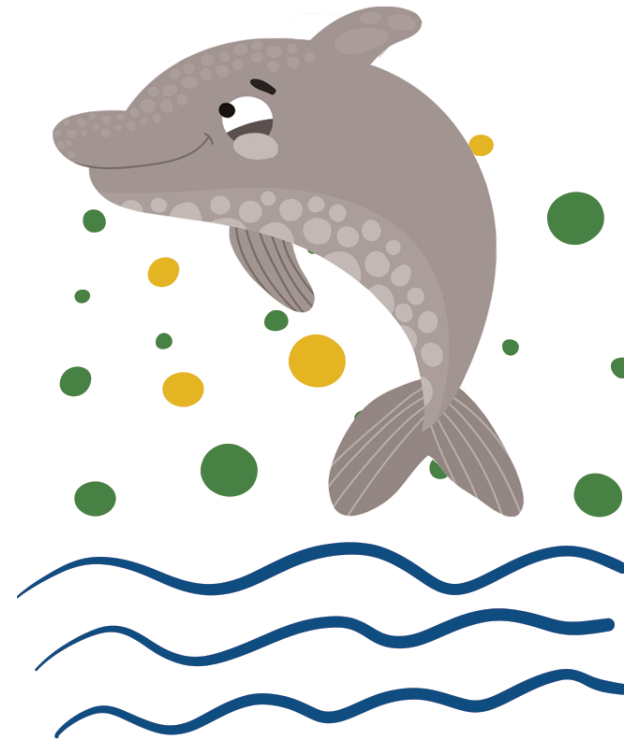


Owl



Tiger

Dolphin





**Owls think about it.**

Owls are quiet, calm, and spend their time awake at night. This gives them a chance to do a lot of thinking on their own in the quiet of the night time.

When you have difficult decisions to make, remember the spirit of the owl. Learn as much as you can about the problem, and then trust your thoughts, or “intuition.”



CK



**Tigers trust their feelings.**

Tigers are big and tough, but they also have a lot of different emotions, just like humans.

Use the Spirit of the Tiger to name your different types of feelings. Practice saying how you feel, and how you want to feel. Learn ways to change how you are feeling:

Do you need to be alone?  
Do you need to talk to a friend?  
Do you need to punch a pillow?  
Do you need to play fun music?

What would Tiger do?



CK




**Dolphins use teamwork!**

Dolphins live in large groups, called pods. They play and have fun! But they also work together as a team to herd huge schools of fish into tight clusters. Then they take turns diving through the clusters of fish to eat.

The Spirit of the Dolphin teaches us how to work together with a team.

Sometimes you are the leader, sometimes you must follow, and always take turns!



CK



Newt



Rabbit



Nightingale



Animal Spirit Mindfulness Game



## Newts are smiley, but sensitive.

Newts have the cutest faces! They always look like they're smiling.

But because newts are amphibians, they absorb water and air through their skin. That makes newts very sensitive to toxins in their environment.

Sometimes humans keep smiling even when they feel sensitive or upset. Call upon the Spirit of the Newt to remember that it's OK to be sensitive, but be sure you tell someone how you feel.

CK

## Rabbits are timid.

The rabbit is a shy animal, but quick and clever.

That's why the Spirit of the Rabbit represents people who are clever, but may feel afraid or have anxiety sometimes.

When you feel nervous, call on the Spirit of the rabbit to comfort you that you're not alone. Like the rabbit, take comfort in a cosy den of your own, full of soft blankets and your favorite people.

CK

## Nightingales make music!

The nightingale sings beautiful songs, even at night.

That's why the Spirit of the Nightingale inspires people to use music & poetry during difficult times.

When you feel sad, use the nightingale's trick: play some music that cheers you up! Or, call on the Spirit of the Nightingale to help you write your own poem about how you are feeling.

Share your music and creativity with a friend.

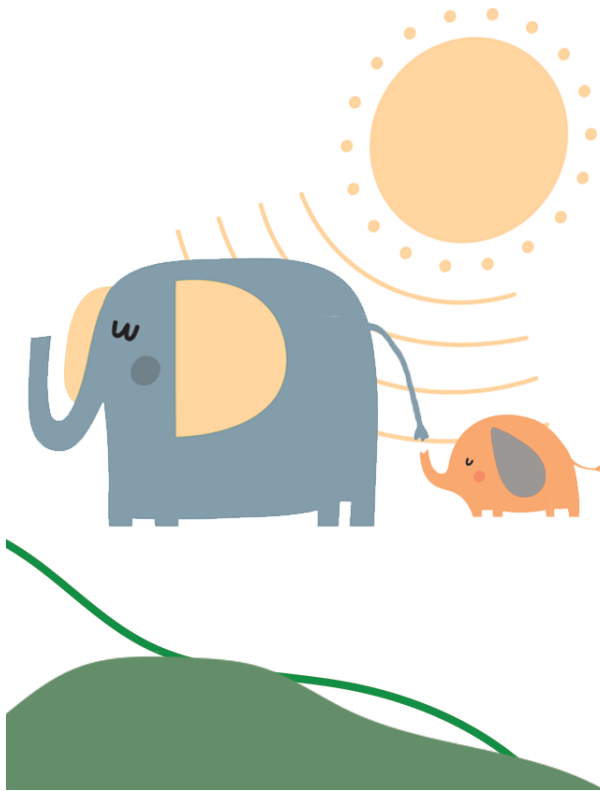
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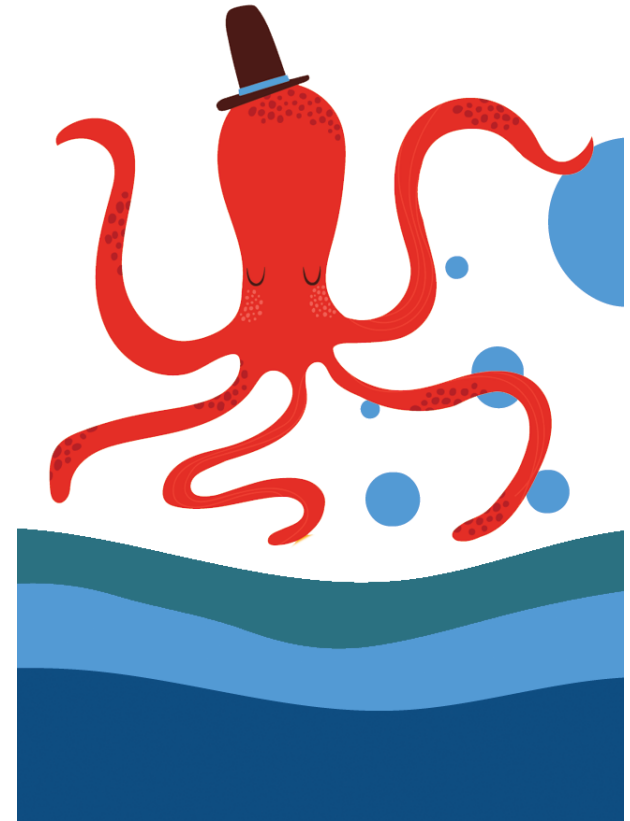


Fox

Elephant



Octopus






## Foxes are clever and quick!

Foxes are known for solving problems most animals can't.

Call on the Spirit of the Fox when you have a tricky problem. Try, try, and try one more time to solve the problem.

But remember, foxes can also run away quickly when they need to escape! Practice keeping your feet quick as a fox by jogging in place!




CK

## Elephants Rely on their Family!

Elephants are big and strong, but they are incredibly gentle and tender, too.

Elephants have a strong family bond. Adults protect the young, and youngsters listen to adults to keep them safe.

The Spirit of the Elephant reminds us to look to our family for help and protection. And if you have younger siblings, help keep them safe and happy, too!



CK




## The Octopus is a Master of Adapting!

Octopuses (or “octopi”) are quite odd-looking creatures, but did you know they can change their color and texture to match any environment?

An octopus can blend into its surroundings to escape danger or to avoid being seen by its own prey.

The Spirit of the Octopus reminds us that sometimes we need to adapt or blend in to feel more comfortable in some situations.



CK





Bull



**Bulls stand up for themselves!**

Bulls are known for being stubborn & not running away from a fight.

It's never good to be a bully, but if you are shy, you might wish you had the determination of a bull.

Call on the Spirit of the Bull when you need to stand up for something that is important to you,

Practice their posture: lift your chest, raise your chin, plant your feet wide and strong on the ground.

CK