

Fresh Little Minds™

MEDICINE MOVES CARDS

Resource Created By



Fresh Minds™
EDUCATION

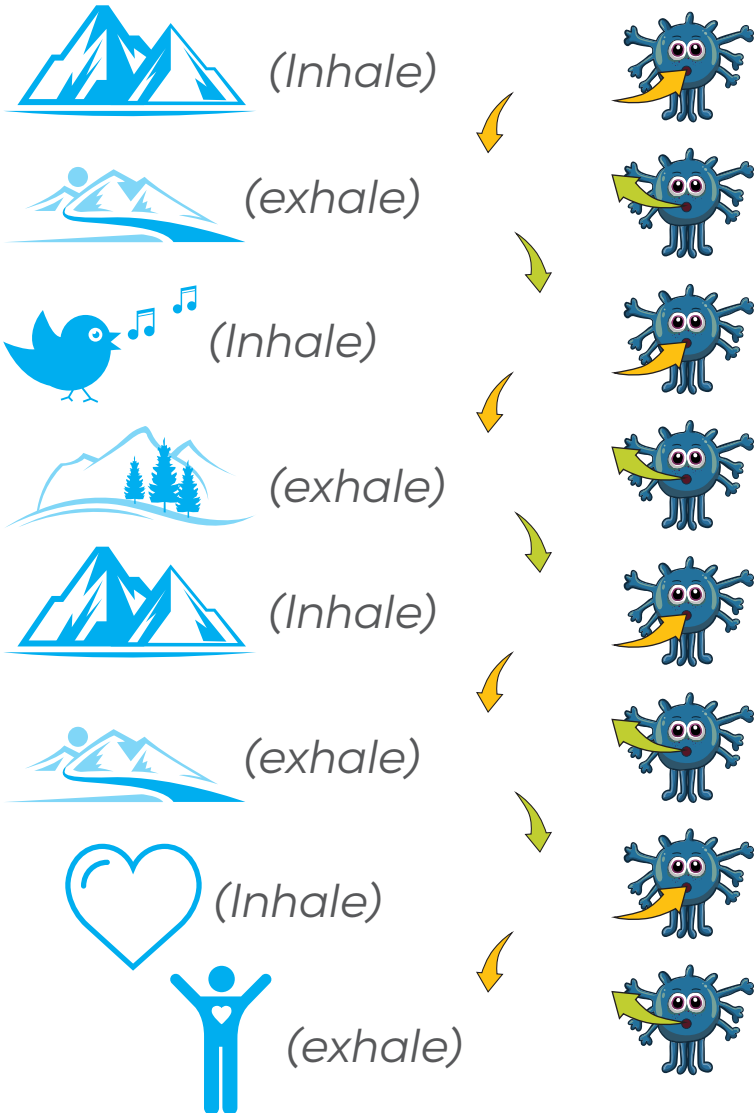


COPYRIGHT © Fresh Minds Education 2018. All rights reserved. No part of this publication may be reproduced into retrieval system, or transmitted, in any form or by any means (electronic, mechanical, photocopying, recording or otherwise) without the prior written permission in writing from Fresh Minds Education, nor be otherwise circulated in any form of binding or cover other than that in which it is published and without a similar condition including this condition being imposed on the subsequent purchaser. All identifying details, including names, have been exchanged except for those pertaining to the author. The rights of Aine Wallace to be identified as the author of this work has been asserted in accordance with the Copyright, Designs and Patents Act 1988.

Printed in the UK by Devine Design, Antrim

FLOW 1

NATURES PRAYER



This FLM mindful movement sequence works with soundtrack:
Strong Like A Mountain



MOUNTAIN



I am Strong,
Steady, Silent
and Still

MOUNTAIN



Affirmation:

I am Strong, Steady, Silent and Still

Movement: Standing strong, legs apart, hands together in prayer position.

Stand strong like a mountain, feel your feet anchored to the ground and feel planet earth beneath your feet. Feel the strength in your legs, back and shoulders as you stand strong and firmly on the ground. You can see for miles around, you tower over valleys, cities and towns. Your insides are full of stillness, quiet and peace.

You have been here for millions and millions of years, so strong, steady, quiet and still.

Intention: Grounding

FLM Sequence Grow 1: Inhale

FLM Sequence Grow 5: Inhale

RIVER



I am powerful
and the world
needs me now

RIVER



Affirmation:

I am powerful and the world needs me now

Movement: Hands in prayer position swaying down towards the ground and flop. Remain in the flopping position, make 'Ahhh' noises to let go of excess energy as you jiggle and vibrate your body gently.

"You flow deep like a river way beneath the ground. You don't know where you are going but you know that you are flowing in exactly the right direction and your destination awaits your arrival.

You are powerful, strong and an unstoppable force in the world. Brining life and vitality to the world, the whole universe needs you now".

Intention: Being in Flow

FLM Sequence Grow 2: Exhale

FLM Sequence Grow 6: Exhale

BIRD SONG



I am joyful,
unstoppable and
free

BIRD SONG



Affirmation:

I am joyful, unstoppable and free

Movement: Move your arms in a rolling motion around each other from the ground to the sky.

You are bird song itself filling all of the earth with your beautiful voice and sound that soars up through the bright blue sky. Your song is v e r y powerful and when people hear your song they know that you are near and they smile. Your song fills others hearts up with beauty, love and cheer, they delight in listening to you. Flying high up into the sky soaring through the air, you are unstoppable and free.

Intention: Raising the vibration

FLM Sequence Grow 3: Inhale

TREE



I soak up
everything
I need to blossom
and grow

TREE



Affirmation: I soak up everything
I need to blossom and grow

Movement: Stretch your arms wide apart, up above your head and open the palms of your hands towards the sky. Raise one foot to the calve of that leg, knee pulled back, balancing perfectly.

Like a tall tree, you reach up towards the sun feeling the warmth of the sun touch your face soaking in all of the vitality that you need for life. And you feel the strength of your trunk which flows all the way down to the roots beneath your feet, piercing through the soil into the centre of the earth. Through these roots you soak all of the nutrients and minerals that is offered from soil for you to remain healthy and strong.

And in return for all of this nourishment you recycle and clean air and you produce fruits, food and medicine, all so that animals, people and the environment may live.

Perfectly Balanced and alive, you are absorbing all of the goodness that the universe is sending you right now.

Intention: Nourishment

FLM Sequence Grow 4: Exhale

HEART OF HEALING



I love and accept
all of myself

HEART OF HEALING



Affirmation:

I love and accept all of myself

Movement: Scoop up both hands onto the heart and rest.

Before you now you see all parts of you, the best of you, your light, your inner beauty, your good words, kind deeds and your joy. You also see your dark, your mistakes, the hurts you have caused, the unkind actions or words you have used, your anger and your rage, your sadness and fear. And you gaze at them all seeing that they all belong to you and so you invite and welcome them one by one aboard your beautiful soft heart of love and healing.

Here all judgement melts away and you are at peace with all of you.

Intention: Embracing all parts of me

FLM Sequence Grow 7: Inhale

OPEN HEART



My heart is
wide open and
receiving love

OPEN HEART



Affirmation:

My heart is wide open and receiving love

Movement: Hands extended back and wide, opened up with fingers stretched, palms facing the sky. Chest and heart stretched wide open and face looking up into the sky.

As you fling your beautiful big heart wide open you feel powerful in your perfect body and you somehow know that you are not alone. You belong here, you are held and supported by a great force that you cannot necessarily see but you feel it here right now. You love this feeling, you are in awe of this world, this planet, this universe and in return it sends you love you too and your wide open heart receives all of that love. You are safe and held in love now.

Intention: Receiving love

FLM Sequence Grow 8: Exhale