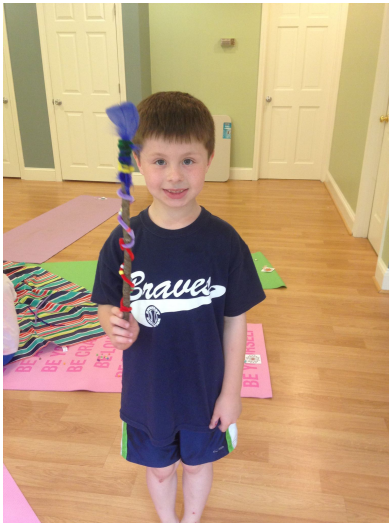


# Birthday Crafts

## Talking Sticks-

We often hold an opening circle or a closing circle, where we share positive thoughts, compliments, words of wisdom and much more. The Native Americans would do the same hundreds of years ago and would pass a talking stick to practice respect and discipline. The rules of a talking stick is that only the person holding the stick at a given time is allowed to share words while everyone else listens. Everyone has a turn with the talking stick if they should choose. It's a wonderful way of sharing and practicing respect. With this craft each child creates their own talking stick. We talk about how every color brings meaning to the talking stick and they are able to create their stick with their own expressions.



Talking Sticks Symbolism - Meanings of Colors	
Blue	Intuition, Prayer, Wisdom
Black	Clarity, focus, success and victory
Red	Life, Faith and Happiness
White	Sharing, Purity, Spirit and Light
Yellow	Knowledge and courage
Orange	Kinship, Intellect and Determination
Green	Nature, Harmony and Healing
Purple	Power, mystery and magic

## No-sew Lavender Eye Pillows - (add'l cost- substitute for talking stick)

This craft is a favorite among the kids. Boys and girls of every age love to make their own yoga lavender eye pillow. In every yoga class we close with a guided relaxation known to the children as Secret Garden. Every child has their own unique secret garden that they travel to while laying still. It's a journey within itself as we scale the mountains and fly through the clouds to get to this special peaceful place of theirs. Nothing is better than to travel there with our eye pillows helping us relax even further into bliss.

### *Lavender Eye Pillows*

The lavender eye pillows are made from white rice and dried organic lavender buds. The natural lavender smell helps cool and calm the body and mind. We use these in class during savasana to help us relax. They can also be used at bedtime. In the warmer months they can be stored in the freezer to cool the body and in the colder months they can be heated in the microwave for 10-15 seconds (depending on microwave). Please use caution when heating, overheating can cause burns.



## Calming Jars- (add'l cost- substitute for talking stick)

At the beginning of every class we do a meditation. There are many meditations we learn and one favorite is meditating to the calming jar. Our minds are full of emotions, things to do, stress, and thoughts of everything on a daily basis. The calming jar is a great model of our mind and how full and crazy it can get. Watching the glitter and beauty inside spin out of control and slowly calm as we meditate; just like our mind calms when we meditate is a wonderful lesson in stress management and relaxation. Designed to soothe and relax, the swirling patterns created by glitter in these jars are ideal for calming down a child experiencing any strong emotions (anger, stress, worry, sadness...) It also works on adults too.

