



Breath

Purpose

Mindful breathing tells our nervous system that we are safe. These meditations give us a moment to unwind and help train the brain to better cope with the challenges of everyday life.

When to use

Anytime

Example language to use with kids

When I get upset, I notice it helps to take some deep breaths. Let's use our Zenimal to help our bodies learn how to get through these tough moments more easily.



Stillness

Purpose

Feeling more grounded and secure can give us strength to be present in each moment. These meditations grant us emotional regulation and focus.

When to use

At the beginning of the day

Example language to use with kids

There are times when I don't feel as strong as I would like to feel. Let's see if our Zenimal can help us find some strength.



Creativity/ Inspiration

Purpose

Sometimes creativity has to come to us. These meditations let our imaginations run wild so that afterward we can focus our creative thinking in the right direction.

When to use

Before a challenging task or when experiencing frustration

Example language to use with kids

Sometimes when we struggle to create or communicate things, it makes us feel stuck. Let's try using our Zenimal to exercise our imagination. It might help us get unstuck."



Relaxation

Purpose

Relaxing can be easier said than done. These meditations are designed to relax our bodies by guiding us through progressive muscle relaxation exercises - tensing a muscle then relaxing it.

When to use

Anytime

Example language to use with kids

Sometimes when I feel worried or angry or sad, that feeling goes into my body and makes it feel uncomfortable. Let's try using our Zenimal to release that uncomfortable feeling.



Sleep

Purpose

An overactive mind can interfere with sleep. These meditations help promote relaxation, a feeling of safety, and a sense of peace before bedtime.

When to use

Right before bed

Example language to use with kids

It can be difficult to calm down and fall asleep because we do so much during the day. Let's see if our Zenimal can help us wind down for bed.



Empathy

Purpose

Empathy starts with mindfulness. These meditations help us learn how to understand and share the feelings of another so that we can be more compassionate and kind.

When to use

During times of frustration or anger, especially when it involves another person

Example language to use with kids

When we feel big emotions toward someone, it's good to stop and think about what they are feeling too. Let's pause with our Zenimal and try it out.



Gratitude

Purpose

Practicing gratitude has been shown to improve self-esteem, life satisfaction, and connection with others. These meditations help us find reasons to be thankful.

When to use

First thing in the morning, or before meals

Example language to use with kids

It's important to be grateful for what we have. But it can be tough to feel that way when we don't get something we want. Let's see if our Zenimal can help us through this.



Feelings/ Awareness

Purpose

Emotions can be physically felt in the body. These meditations bring awareness to our feelings and can help regulate their impact and duration.

When to use

During times of emotional distress

Example language to use with kids

When we feel sad, it's important to remember that this feeling won't last forever. There is a special button on your Zenimal that helps us with our feelings. Want to check it out with me?"



Warmth/ Restoration

Purpose

When we experience discomfort or pain, it is an opportunity to restore ourselves. These meditations allow us to find healing and peace.

When to use

When physical or emotional discomfort is experienced

Example language to use with kids

"Being sick is no fun. Sometimes it feels like that feeling will never go away. Taking some special breaths and sending good thoughts to our pains can make us feel better. Let's see if our Zenimal can help.