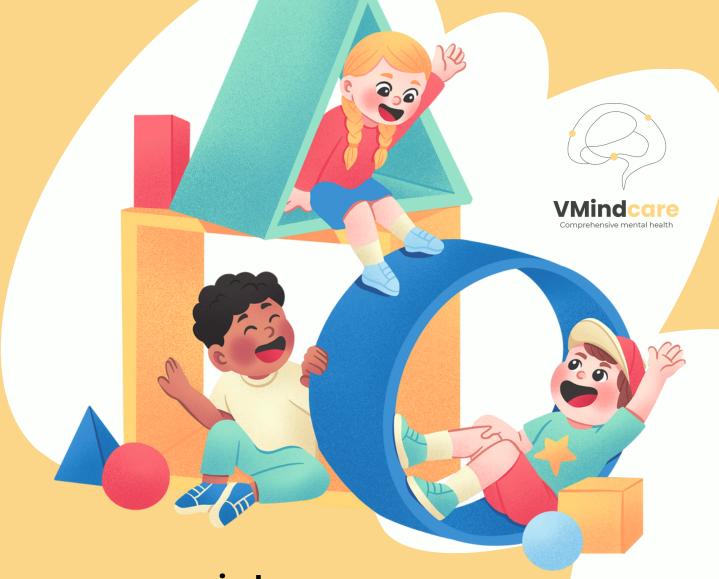
## Calm Recipe Book for Children



www.vmindcare.com

## My Magical Recipes for Calmness!

### Hello, little Wise Captain and family!

Welcome to an adventure full of calm and self-control!

This is your **Calm Recipe Book**, a magical tool for you to learn how to manage those big feelings (anger, sadness, fear) using the power of your breath and your imagination.

My name is **Vanessa Margalef**, and I am the counselor and owner of **Vmindcare**. I'm here to support you, teaching you and your parents that calm is the most important superpower you have. At Vmindcare, we believe that a peaceful heart is the key to happiness.

Let's cook up these recipes together. You don't need ingredients, only your body and your imagination!



Vanessa Margalef Counsellor





## Recipe 1: The Flower and the Candle Breath



### When to use it?

When you feel a little angry, sad, or too excited.

## **Magical Ingredients:**

- Your nose (for smelling)
- Your mouth (for blowing)
- Your imagination



## **How to Prepare It:**



- Imagine you have a beautiful, sweet flower in your hand.
- Bring it close to your nose.
- Inhale slowly and deeply through your nose, as if you want to smell all its perfume.
- Do it 3 times.



- Now, imagine you have a lit birthday candle.
- Bring it close to your mouth.
- Exhale slowly and softly through your mouth, as if you want to blow out the candle without the cake flying away.

• Do it 3 times.





Recipe 2:
Attention
Listening
(Elephant
Ears)

## When to use it? When your head has a lot of noise or when you feel a little scared.

## **Magical Ingredients:**

- Your elephant ears
- Silence (a little bit)

## **How to Prepare It:**



- Imagine your ears become very big, like an elephant's.
- Close your eyes or look gently at the floor.
- Now, listen with your big ears.





- Can you hear your heart beating?
   Thump-thump, thump-thump!
- Can you hear your own breathing? Shhh, shhh!
- Do you hear a little bird outside? A car? The refrigerator?
- Listen for 30 seconds.





# Recipe 3: The Bear Hug (Butterfly Hug)



## When to use it?

When you need to feel safe, loved, or a little scared.

## **Magical Ingredients:**

Your own arms (they're strong!)

**VMindcare** 

• A little bit of calm



## **How to Prepare It:**

- Cross your arms over your chest, as if you are giving yourself a very, very big hug.
- Put your hands on your shoulders or on the tops of your arms.



- Now, give soft, slow taps with your fingers, one hand and then the other, on your arms.
- Tap, tap, tap, tap.
- While you do this, you can say softly to yourself: "I am safe. I am okay."
- Do this for 30 seconds.

