

Mindfulness Ocean Adventure

What did we learn last week?





What did dolphins teach us?

There are over 2000 types of sea stars in our oceans.

The superpower of sea stars is that they can grow their arm back when attached.





Let's watch a video of a sea star that's being attacked by another Sunstar:

<https://drive.google.com/file/d/1SLY7FkKKjEi5pUvcFTtXvN732-D6dusE/view?usp=sharing>

Here's a video of sea stars growing their arms back!

[Starfish Limb Regeneration](#)

What can we
learn from
sea stars?





Let's practice heartfelt thoughts like the sea star and see what happens.

Magic Phrase: Heartful thoughts like the sea star.

Sit still and place hands on your heart.

Close your eyes and take a breath.

Picture someone who makes you happy and wish them well:

“May you be healthy.
May you be safe.
May you be happy.
May you be peaceful.”

Now send yourself these same wishes:

“May I be healthy.
May I be safe.
May I be happy.
May I be peaceful.”



Heartful like a Sea Star

- What did you notice when you were listening like an orca?
- What did you experience when listening with your eyes closed versus with your eyes open?
- How can mindful listening help you at school?
- How could mindful listening help you in your life?

Practice for this week:

This week I invite you to practice mindful listening for 1 to 2 minutes a day.