

Week of March 29th: Children's Services Online at BUC, Dayna Browne, Youth & Children's Coordinator

Theme: Learning and Unlearning, Our Monkey Minds

From Monkey Mind To Mindfulness



Re-flex Time for Kids & Youth!

Mindful-ness: Calming the Monkey Mind, being reflexive (reflection in practice)

BUC has a history of practicing mind-full and thoughtful ways to engage with ourselves and others (cooking, gardening, protesting and creating change for positive improvements in our world). In these times of change etc. Social Norms and being Mind-full of how we communicate with ourselves, our body, mind and spirit and other is very important for safety and survival! I would like you to join me in choosing 1 of the activities below this week that we will discuss.

Q & A: Un-learning – Name one time this week you successfully did regularly activity with increased social awareness and distance?

Zoom Meetings: Every Sunday we will be offering 11 am zoom meetings based on weekly themes!

Stay posted for details on our website so you can participate 😊

Email: Youth@beachuc.com to be invited (Instructions are also posted on our website!)

Weekly Activity & Questions:

Sacred Spaces: This week please visit the following. Take some time out each night to review the Zoo's Turtle Island Guide; being informed by learning the Wisdom of Indigenous Spirituality and Teachings.

This week We look at creating & remembering Sacred Spaces as we Practice Social Distancing! (Pg. 9)

1. <http://www.torontozoo.com/zootoyou/TurtleIslandActivities.pdf>
2. Looking to learn? Look at LYNDA – online FREE 😊 All you need is your library card!
<https://www.torontopubliclibrary.ca/detail.jsp?Entt=RDMEDB0187&R=EDB0187>

Passive Activities for alone time:

1. Explore your mind, what type of monkey would you say your mind is? How did you feel about your body while meditating? Where some thoughts more, or less happy than others and why?
<https://mail.google.com/mail/u/0/?tab=wm&ogbl#inbox/KtbxLwhCJTtMPICQsQQVfcDBwPqRkPxmPL>
2. How much do you pay attention to what, when and how much you eat?
Can you do “The Great Raisin Experience?!”:
<https://www.youtube.com/watch?v=z2Eo56BLMjM>