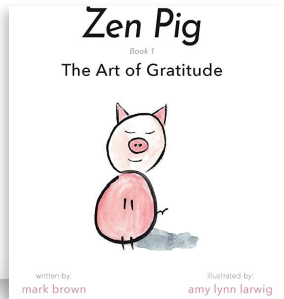


ZEN PIG written by Mark Brown and illustrated by Amy Lynn Larwig



Introduce your child to mindfulness with Zen Pig!

In the first book of Mark Brown’s critically acclaimed children’s book series Zen Pig teaches our children the importance of gratitude, mindfulness and compassion in a way that’s easy for them to understand. A great daily read full of wisdom that’s paired with simple, beautiful art perfect for children and adults alike.

Mark Brown is a writer and speaker passionately helping others awoken to a life of purpose, presence and intention. Born in Hampton Roads, VA. He resides in Nashville, TN with his wife and son.

>> BEFORE READING

Talk about gratitude and what does it mean and how to use it.

COMPASSION: Take a few moments to reflect on the things that you are grateful for. Have each student speak aloud one thing they are grateful for.

MINDFULNESS: Hold up a pretty yellow flower and ask children what they see – if it’s just something very simple like a yellow flower, reply by saying something like, “the color is as bright as the sun” or “it gets it’s nutrition from the ground”.

>> READ THE STORY

The students can either read to themselves, or they can listen to the story while you read it out loud. Have students take a deep breath, get some wiggles out and really focus on what is being read. Just listen. Save the questions and comments until after the story.

>> REFLECTION

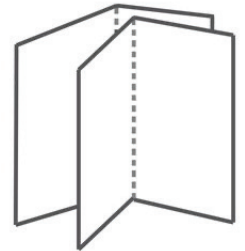
Take a quiet moment and reflect on the things they are grateful for, be mindful of the things around you. Take a walk and enjoy the things around you, using your senses and reflect on those.

>> ACTIVITIES

ACTIVITY ONE: GRATITUDE JOURNAL

Supplies needed: 8.5”x11” paper, colored pencils/markers/crayons

- > Take 2 pieces of 8.5”x11” paper and fold them in half together horizontally, to create an 8-page booklet (including the cover)
- > Students can decorate the journal to make it their own.
- > Take a moment each day and write down the things you are grateful for. For younger children, they can draw pictures on their journal pages of what they are grateful for.



ACTIVITY TWO: TAKE CLASS OUTSIDE

Supplies Needed: White Paper, colored pencils/crayons

- > Take the kids outside and have them find a comfortable spot to lay down.
- > Make sure the wiggles are out and that talking is minimal.



- › Teach the kids to quiet themselves and look at everything that is going on around us.
- › Take a few deep breaths, holding your breath for 6 seconds and letting it out slowly.
- › Do some easy yoga stretches. See attached Sun Salutation for Kids – outdoor yoga poster (Thank you www.childhood101.com)
- › Look at the grass and trees – is everything turning green in the spring, or is are the leaves changing colors in the fall. If it's summer, look at the beautiful flowers and take in the scents of them, trees and fresh-cut grass.
- › Draw a picture of your surroundings on the paper provided. Be mindful of the little things – maybe something you might not see at first. The little ants scurrying along the ground, the puffy clouds in the sky or maybe a scar on the trunk of a tree.

ACTIVITY THREE: DRAW ZEN THE PIG

Supplies Needed: Paper, colored pencils and watercolor paints

- › Using the cover of Zen Pig as a reference, have kids try their best to draw Zen Pig and use watercolors to paint the pig. Have them write their name on it like artists, illustrators and authors do.

ACTIVITY FOUR: WATCH VIDEO

- › Watch Mark Brown reading the story:
- › www.youtube.com/watch?v=vxw_7yHFNYI

SUN SALUTATION FOR KIDS

Look up at the sky
Stand tall with your legs hip width apart, feet facing forward, arms alongside your body. Inhale deeply, look up and reach your arms to the sky. Say, "Hello, sun in the sky!"

Pretend to be a jellyfish
Exhale, bend your upper body, reach for your toes and pretend your arms are jellyfish tentacles. Say, "Hello, jellyfish in the sea!"

Pretend to be a sand castle
Place your palms flat on the ground, inhale and step your right foot back. Keep your back flat and your chest open, pretending to be a sand castle. Say, "Hello, sand castle on the beach!"

Pretend to be a dolphin
Exhale and step your left foot back to create an upside-down V. Straighten your legs, relax your neck and look down between your legs. Imagine being a dolphin gliding through the waves. Take 5 deep breaths. Say, "Hello, dolphin in the waves!"

Pretend to be a crab
As you inhale, shift forward, drop your knees, and come to an all-fours position. Imagine you are a crab scuttling across the sand. Say, "Hello, crab on the sand!"

Pretend to be an urchin
As you exhale, sit on your heels, keeping palms flat in front of you, rest your head on the mat. Bring your arms back alongside your body and imagine being an urchin floating. Say, "Hello, urchin resting on a rock!".

Reverse the steps back to standing. Then repeat the sequence on the left side.

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» THANKS TO OUR CREATORS:



- › Betty Jo Huff and Cary A Thrall