



As part of '**Vibrational Energy Awareness Day**', you may like to Introduce or Reconnect to the conversation of the Lower & Middle Chakras with the Kids as a form of Energy Appreciation.

*Gingerbread People* are a simple and easy activity to do with the Children and Teens. With the energy centres being visibly designated ( Base, Sacral, Solar & Heart ), acknowledgement can be given to appreciate that some people 'believe in the body as having an energy field with correspondences.'

The Gingers offer an opportunity for *simple connection dialogues to begin*.

This year, the 2023 The Harmony Day Organisers have recognised 'hats' as a cultural dress appreciation to "colour in" and thus identifying diversity consciousness. With reflection for our 2018 discussion of 'contact points' on the body and 'head garments' had in our Studio ( Sienna Art Space ) classes – we encourage *Teal Alchemy positive "window dialogue"* to 'exist with an appreciation for the divine' and each other. We appreciate sensitive dialogue.

This is a repeated activity from 2020/1 made available to our Student Families during Covid-19 impact closures. It is an *understood* resource from the Sienna Art Space Newsletter and Community will recall their access to the Introductory Video for those wanting to introduce the Chakras to the Kids.





For this Activity you will need:

- \* Ginger bread recipe from our past Newsletter. Currants can be used as an alternative.
- \* Video reconnection to my earlier discussion of the 7 chakras as 'colour coded' consciousness.
- \* "I am" positive statements corresponding to the Chakras.

As outlined in the Recipe and Steps, you may like to adapt your "I am" statements to encourage the Kids and Teens further.

The below statements were discussed in the newsletter, as they embody one approach for energy encouragement, simply. Key recognitions are **Motivation, personal strength and safety.**

These are relevant and do not have to involve any form of light-conscious shifting beyond value-based healing in the form of Word statements 'we send to ourselves'.

**"I am Strong"** ( Base )

**"I am creative"** ( Sacral )

**"I believe"** ( Solar Plexus )

**"I love "** ( Heart )

There are many statements you could use. These are starting points.

Further, children and teens can increase their positive sends when it comes to Seeing others with **Safety, protection, and sacred space**. They can also positively reinforce other people's *capacity as understood potential*, **building Encouragement** for positive changes in their own way.

This resource supports Positive Healing and discourages Energy Bullying.

Please be aware this resource was developed with an appreciation for what this day on the Devotional Calendar is about. Diversity and Respects for Others is significant.

**We all should be able to exist in *Sacred space* and not undermine others in their energy.**

**We all contribute to a World of Positive Energy.**

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