

# Gratitude Practice

Summary: What are you grateful for today? Wake the campers up with essential oils, a light yoga practice, and positive thoughts.

Cabin/Age: Manzi

Props/Materials/Costumes:

- Diffuser
- Lemon essential oil
- Peppermint essential oil
- Yoga mats (optional)

Prep done:

- Put water in the diffuser.
- Add 7 drops lemon essential oil, 3 drops peppermint essential oil.
- Set up the yoga mats outside the cabin (optional)

Execution:

- Prepare the diffuser, and let the aroma fill the air.
- With ease, wake the campers up individually if the aroma has not woken them, and ask them to join you outside.
- Sitting on the mats, start by telling what you are grateful for. Then, ask the campers to do the same.
- Begin a five minute energizing practice using child's pose, cat-cow pose, downward facing dog, and forward fold.
- Child's pose: Kneel on your mat with big toes touching behind you. Take a deep breath in, and as you exhale, try to get your shoulders to touch your mat. Lay your palms open behind you.
- Cat-Cow pose: Begin with your hands and knees on the floor and your back flat like a table. Take a deep inhale, and on the exhale, round your back toward the sky, and imagine you're pulling your belly button up in. Tuck your chin toward your chest and you're in a cat shape! On your inhale, arch your back, let your belly relax, and go loose. Lift your head toward the sky — now you're a cow!
- Downward Facing Dog pose: Come into the tabletop position that we used to start Cat-Cow. Inhale as you tuck your toes under your heels. Then exhale to lift your hips, coming into an upside-down V shape. Spread your fingers and try to press your heels into the ground.
- Forward Fold pose: From Downward Dog, walk your hands towards your feet, bending your knees gently. Round over and try to touch your palms to the ground.
- To finish, reach your arms to the sky, bring your hands together and float them down to your chest. Namaste, rockstars!