








MALCOLM THE FOX SENSORY-MINDFULNESS PACKAGE


SENSORY
REFLECTION
BREATH
MINDFULNESS



THERAPEUTIC MASCOT





-  **A rustle in the mouth and tail**
Knead rhythmically
-  **Embroidery**
Touch and massage with your fingertips
-  **Paws**
Knot, grab, smooth out with fingers
-  **Feet**
Rub, tie together, tangle with paws
-  **Contrasting materials**
Engage your eyes

Hourglass-shaped body 
Pour the granules from the head
to the belly and vice versa

Loops on the tail and paw 
Interlace and knot

Cotton belt loop 
Insert your fingers, move the mascot

Tail 
Wrap it around your finger and
tie it through the loops

Sensory pill 
Run along the paw



MALCOLM THE FOX

SENSORY - MINDFULNESS PACKAGE



Therapeutic weighted mascot "Malcolm the Fox"

Malcolm the Fox is a multidimensional Courageous Companion, he supports the child's developmental capital, acting on three important developmental foundations: sensory, hand therapy and mindfulness. It activates sight-hearing-touch correlations, teaches the relationship between breathing and emotions, exercises fine motor skills and relaxes.

Thinking Book "Plato the Cat and the Puzzle of Bravery"

The Thinking Book "Plato the Cat and the Puzzle of Bravery" supports mutual activation of the right and left hemispheres of the brain, building the understanding of mindfulness in the meaning of "here and now".

Brochure with breathing and gymnastic exercises

In this brochure you will find information on possible ways to use the mascot for breathing exercises and back band gymnastics in the space under the child's knees, as well as tips for a satisfying adventure of finding the Bravest Bravery through active conversation with the "Thinking Book".

I hope that new experiences with sensory and mindfulness will allow you to discover a different form of play and support your child's development. Check additional information on the blog at www.kotplaton.pl



BREATHING EXERCISES

CAREFULLY OBSERVE YOUR BREATHING

Breathing exercises are one of the proven and effective tools that allow the child to discover his or her individual concentration on a specific moment - the "here and now" moment. Developing this type of focus in a child builds his/her general development capital in a safe way, minimizing the feeling of discomfort.

Breathing is a super power thanks to which the child improves the quality of his concentration, returns to the comfort zone in stressful situations and consciously experiences present moments, mindfully interpreting his emotions and safely naming and defining the stimuli coming from the outside world.

The following exercise consists of two elements: instructions for carrying out the exercise itself and tips on questions or terms that can be addressed to the child during the exercise. Use them to engage your child in mindful play or guide them according to your intuition, speaking your common language.

Conscious observation of breathing

These are exercises that direct the child's attention to the natural course of the inhalation and exhalation process, i.e. noticing and observing the breath at a given moment. At this stage, we do not modify the breathing rhythm, we just carefully observe the way the air is inhaled and exhaled.

Breath and emotions

Breathing is a bridge between the body and the emotions experienced, which significantly influence the rhythm of inhalation and exhalation. Thanks to the awareness of breathing, the child gains the super power to return to a state of inner harmony. Proper breathing supports the mental and physical health of the child's body.





BREATHING EXERCISES

BREATHING AND EMOTIONS

Sit or lie down in a comfortable position. Place Fox on his stomach with the belt loops up. Place the fingers of your right hand in the belt loops. With your left hand, find the pill in the mascot's leg and press it several times with your thumb and forefinger. Move the pill up and down with the rhythm of your breathing "here and now".

- Notice how you breathe comfortably today: long, short, or maybe fast or slow? How do you feel when you breathe today? Are you calm? Upset? Happy? Sad? Or maybe scared? Your breathing is linked to your feelings. Notice what it is like here and now as you lie comfortably in a safe place. Notice what your breathing is like when you are sad, happy, angry, scared, and when you are calm and relaxed. Breathe carefully until you discover with what breath you are here and now with me today.

Place your hands on your ribs and take a deep breath.

- Try to take a deep breath as if you were inhaling the scent of your favorite flower. Imagine what it smells like. Take a deep breath and exhale slowly. For a few breaths, bring your awareness only to your breathing. Notice how it is today: fast, slow, shallow or deep? Try to notice the moment when your ribs spread to the sides when you inhale and your chest fills with air. This is a sign that the breath has entered your body. It now fills each of your cells with the relaxing air of your favorite scent.

Focus on the moment of exhalation.

- Gently open your mouth and, as you exhale, say the magically calming sound "hyyy" loudly. Feel the air leaving your chest with a "hyyy" and returning to the world around you. The air from your exhalation slowly fills the place where you relax with the super power of your mindfulness. Breathe for as long as you need. Watch how the super power of your inhalation and exhalation works every time the air enters your body and returns to the world. Once you become familiar with your exhalation, try to say the sound "hyyy" the next time you slowly exhale, but this time with your mouth closed and exhale through your nose.

Place your left index finger under the two nostrils and bring your awareness to the temperature of your inhalation and exhalation.

- Observe the air you inhale and exhale. What temperature is it: is it warm or cold? Does the inhalation differ in temperature from the exhalation, or are they equally warm or cold?

Plug the left nostril with your left index finger and place your right index finger just below the right nostril. Take a deep breath through the right nostril, wait 3 seconds. Then, close the right nostril with your right index finger, and take your left forefinger from the left nostril, place it under the open nostril and slowly exhale the air from it into the world.

- The super power of your inhalation and exhalation has its own temperature. Observe - using your finger under your open nostril - what the air feels like when you slowly and carefully inhale it into your body and exhale it back into the world. What kind of air comes to you? Warm or cold? What air comes out of your body and fills the world around you? Moist or maybe dry? Observe carefully what your own super power of conscious breathing is. Do not rush. Repeat the exercise for as long as you need.





GYMNASTICS WITH MALCOLM THE FOX

Lie on your back. Place the mascot again on your belly with the belt loops up. Insert the fingers of your right hand into the belt loops and, with your left hand, find the pill in the mascot's leg. Move the pill to the rhythm of your inhalation and exhalation.

- Observe carefully what your own super power of mindful breathing is. Do not rush. Move the pill according to the pace at which you are now breathing at the end of the exercise. You can dip your fingers in the belt loop into the mascot and press it steadily at the moments when the Fox rises and falls along with your inhalation and exhalation. What is your breathing like now? What do you feel? Are you relaxed and calm? Is your breathing similar to your feelings right now during your observation today? Take a moment to carefully observe what you feel. Observe how your breathing depends on your emotions. Remember how you breathe in and out when you are relaxed. Malcolm the Fox is a great companion and helps you work with your breathing whenever you need it. Take him with you and combine your super powers. Place Malcolm on your tummy or - if you can't - on your lap. Grab the pill and move it up and down, bringing your awareness to your breathing. This is the super power of breathing that is always with you, helping you find a safe place as you inhale and exhale. May mindfulness be with you, my Bravest Brave.

*Malcolm the Fox supports
the process of the child
learning about his or her own
needs*

Playing with the mascot improves sensory integration in terms of the correlation between hearing, touch and balance. It teaches the connection between the interaction of breath and mind. Thanks to this, it gives the child an intuitive tool for recognizing and working with the emotional state "here and now" through appropriately selected breathing.





MINDFULNESS IN PLAY AND GYMNASTICS



Advantages of playing with a therapeutic mascot

Malcolm the Fox is the lightest mascot among Courageous Companions. The purpose of breathing exercises with this mascot is not to stimulate the deep sensation of the abdominal muscles, but to intuitively observe the wave of inhalation and exhalation when placing Fox on the baby's tummy. The effect of breathing exercises with Malcolm is to draw attention to natural breathing, understand and interpret the pace of inhalation and exhalation, and assign the emotion that triggers this particular breathing rhythm. Focusing on the breathing process allows the child to tame stress and get the body out of an uncomfortable situation more effectively.





MASSAGE OF THE POSTERIOR FASCIA IN THE SPACE BELOW THE KNEES

Lie comfortably on your back on the mat. When lying down, place Malcolm with the belt loops up on his tummy. Place the fingers of your right hand in the pocket. Place your left hand on Fox's left leg and look for the pill hidden in it. Legs slightly apart, heels pointing inwards. Take a few deep breaths in and out according to the breathing instructions in the booklet. Move the pill in the mascot's leg as you inhale and exhale.

- Once you get comfortable with Malcolm the Fox on your tummy, pay attention to your breathing. As you inhale, tense each body part with all your strength, and as you exhale, relax comfortably. Remember about the pill hidden in Fox's left leg. It will help you remember to breathe. Move it up and down with your breathing rhythm. Start with the face. Take a deep breath as if you were smelling the scent of your favorite flower and tense all your facial muscles with all your strength. Then, as you exhale - by saying the sound "hyyy" out loud or with your mouth closed - let go of all the tension and relax your face.
- In the same way, relax your arms, stomach and each leg in turn. Do not rush. Breathe at your own pace. Bring your awareness to your inhalation and exhalation as it is today. Don't judge him or try to change him. Get to know your breathing rhythm.

Stay in the supine position, bend your right leg at the knee. Slowly bring the mascot under your right knee. Keep the fingers of your right hand steady in the loops. Press your calf against the mascot. Direct your knee towards your stomach. Stay in the exercise for a few breaths. Then repeat the exercises on the left side of your body.

- Once you place the mascot under your knee, direct your attention to this area of your body. Close your eyes. With an inhale, gently press the mascot to your knee using your calf. As you exhale, release the pressure. Remember to inhale and exhale properly. Inhale through your nose as if you were trying to smell the scent of your favorite flower. Relaxing the pressure of Fox on your knee, exhale, saying the sound "hyyy".
- While breathing, dip the fingers of your right hand into the inside of the mascot. With an inhale, sink your fingers as if you wanted to enclose the inside of the mascot in your hand. As you exhale, release the sand and relax your hand. Stay in the exercise for a few breaths. Notice how your knee feels with each inhale and exhale. Can you notice a pleasant feeling of relaxation as you breathe in and out? Breathe like this for as long as you need it. Listen to your body and finish the exercise when you feel pleasant lightness in your knee. Repeat the exercises for the other knee.





GYMNASTICS WITH MALCOLM THE FOX

Remain lying on your back. Bend your right leg at the knee. Fold the fox in half and slowly move it under your bent knee. Press your calf against the mascot. Bring your knee towards your stomach. Rest your left foot on your right thigh. Put your hands around your right calf, pressing it against the mascot. Stay in the exercise for a few breaths.

- Place yourself comfortably in the exercise position. Fold Malcolm in half and place it under his right knee. Press your calf to your knee so that the mascot does not move. Don't rush into arranging Fox. Find the place under the knee that will fit the mascot best. Remember to breathe. When the mascot fits comfortably under your knee, press its calf against the Fox. Then point your knee towards your stomach. Exercise slowly, breathe calmly.
- Place your left foot on your right thigh. Feel the pleasant stretching. Breathe steadily. Inhale through your nose as if you were smelling the scent of your favorite flower. Release the air from your belly using the sound "hyyy". Clasp your hands together, holding your right calf. Thanks to this, you will hold Fox even tighter in a comfortable place under the knee. Breathe. Do not rush. This is time for you and your knee. Make friends with him. Notice how your knee feels when you press the mascot against it. Do you feel a pleasant feeling of relaxation? Bring your awareness to a comfortable place below your knee. Pay attention to what signals your body gives you with each repeated inhalation and exhalation. Then repeat the exercise on the other knee.

Get Malcolm out from under your knee. Fold the mascot in half again and place it under the neck. Bring your knees towards your stomach and wrap your arms around them. Move your hips left and right. Then make a few circular movements with your hips. Remember to breathe deeply.

- Before lying down on the mat, fold the fox in half again. Lie on your back. Place the properly positioned fox under your neck so that you can lie comfortably. Find the perfect place near your neck for the mascot. Do not rush. Experiment with mindfulness: find a point that brings your neck and head into a comfortable position. Inhale through your nose and remember the sound "hyyy" as you exhale.
- Bend your knees and hug them to your belly. Put your hands around your knees and swing sideways at a comfortable pace. Then rotate your hips in circles while still hugging your knees. Remember to breathe. Breathe for as long as you need. This is time for you and your body. Bring your awareness to your knees and notice how they feel during this exercise. Do you notice a pleasant feeling of lightness and relaxation?

Remove the mascot from under the neck and place it on your stomach with the belt loops up. Place the fingers of your right hand in the belt loops. Use your left hand to locate the pill in the Fox's left leg. Release your legs and turn your heels inwards. Close your eyes. Take a few deep breaths in and out. Move the pill in the mascot's leg according to the breathing rhythm.

- Once you've settled into a comfortable post-exercise relaxation position, bring your awareness to your breathing. Observe how effortlessly Lisek surfs on the wave of your inhalation and exhalation. What is the rhythm of your breathing after today's exercises? What emotion accompanies you now, when you lie "here and now" on the mat? Pause on your emotion today. It is magically connected to your breath. Catch the rhythm of today's breathing "here and now" when you are relaxed and relaxed. Become familiar with the feeling of relaxation and the breathing associated with it.
- When you are ready, open your eyes, gently roll over to your chosen side and - pushing yourself with your hand - sit comfortably on the mat. Thank yourself for taking time for yourself and your body. It's the most beautiful gift you can give yourself every day. May the mindfulness of your Breath and your emotions be with you, Bravest Brave!





READ CONSCIOUSLY

COLOR THE PLOT IN YOUR OWN WORDS

The Thinking Book "Plato the Cat and the Puzzle of Bravery" is written using two forms that help children develop: mind maps and a picture book. On the pages of the book, both methods intertwine - supporting the work of the right and left hemispheres of the brain - while learning about the adventures of Plato the Cat and the Courageous Companions. You don't read this book, you talk about it with the child, not using the author's words, but using the reader's phrases. This is where the super power of the book lies, which step by step helps you build a relationship with your child based on safety and trust.

The task of the parent, educator or therapist is to develop the entries written on mind maps using their own words, abbreviations or phrases that are important, personal and understandable to the child in their everyday life "here and now". The young reader, in turn, focuses on the illustrations - stimulating the right hemisphere in terms of colors - which help him conduct a dialogue about the book's plot.

The combination of two worlds: the visual world of a young reader with a gentle direction to the plot through the words of the caregiver, opens up a huge space of opportunities to get to know the child, yourself and, above all, spend valuable time together. The book is an unobtrusive invitation to open up and be mindful of each other.



Talk while reading the Thinking Pages

"Infinitely many stories in one Thinking Book. How is this possible? The open formula of text and image stimulates the imagination, inviting the child and parent to creatively co-create the plot, and also creates the opportunity to dynamically change it. The content discussed deepens reflection and supports the search for one's own strengths, and even talents. This book also inspires you to creatively go beyond its pages with ideas for various activities, e.g. artistic, motor.

Maria Szecówka-Nowak
Psychological Center for
Diagnosis and Development



READ CONSCIOUSLY

HOW TO READ THINKING PAGES?

Prepare your child to talk about the plot of the Thinking Book. First, choose any page of the book or let your child choose the page that interests him the most.

- I suggest starting with the page with Your Courageous Companion. You can place the toy on your child's lap, tummy or allow him to play freely with the toy while reading a book. The mascot will allow the child to calm down and focus on the book. The tangible closeness of the book's hero will allow you to build step by step attentiveness to its content. If you only work with a book, let your child hold their favorite stuffed animal while reading. Also allow you to choose the page that will appeal to your little reader the most.

Invite your child to dialogue with you: mentally read any entry on the mind map and recreate it for your child using your own words.

- When quoting a map slogan, it is important that the words are understandable to the child at his developmental stage. Maybe these will be some special - known only to the child - mental abbreviations or diminutives? Among younger children, these may be syllables or onomatopoeias. It is important that talking about the entries on the map takes place in a comfortable environment with words that are child-friendly, easy to understand and interpret "here and now". It is an invitation to talk together in a safe world completely understandable to young readers.

Carefully observe your child's reactions to your words, give him time to read the book without rushing. Develop ideas on mind maps in a way that is understandable to your child, using phrases that are simple and attractive at their developmental stage.

- Give your child time when working with the selected page. Don't rush anything. Gently suggest what is happening in the book by explaining entries on mind maps - do not impose anything. Leave the child space for his own interpretation, observations and reflection. Silence and concentration are also welcome and sometimes very necessary to collect your thoughts and put them into a logical statement. Therefore, it is very important to give your child space and time to think about the plot of the book. Perhaps the illustration will tell the young reader something completely contradictory to the words on the map. Let it happen. At this point, you are building a relationship of mindfulness and showing your child that his or her receipt of the book is important to you. Focus all your attention on the "here and now" moment that you are experiencing together.

Talk to your child about one page a day according to the tips above

- You can read the book in chronological order or at random - choosing a page each day. The chronology of reading is not that important, because each page can be a separate story about the Bravest Brave. The most important thing here is the time spent together and mutual attentiveness to each other while sharing stories about the adventures of the book's characters.





MEET ALL THE COURAGEOUS COMPANIONS



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