



PHILOMENA THE OWL SENSORY-MINDFULNESS PACKAGE






SENSORY
REFLECTION
BREATH
MINDFULNESS





THERAPEUTIC MASCOT



-  **Ears**
Knead, grab and move
-  **Embroidery**
Touch and massage with your fingertips
-  **Wings**
Press with all your hands, mint, get to know the textures
-  **Sensory interior**
Dip your fingers, knead
-  **Color**
Relax your eyes

Contrasting materials
Engage your eyes

Loops
Button up

Body
Lay on your tummy, breathe

Detachable muff
Unfasten, put your hands in, move the mascot

Feet
Rub, tie together, smooth outs



PHILOMENA THE OWL

SENSORY - MINDFULNESS PACKAGE



Therapeutic weighted mascot "Philomena the Owl"

Filomena the Owl is a special Companion who supports a child's developmental capital: she works with the sense of sight, teaches conscious breathing and relaxation, exercises fine motor skills, exercises the wrists and supports therapies for the child's wrist.

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 wrist gymnastics, as well as tips for a satisfying adventure of finding your 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 exercises consist 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 each stage 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.

Proprioceptive breathing with a weighted mascot

The effect of systematic breathing work with a weighted toy is the activation of deep sensation of the abdominal muscles during the breathing process. At this stage, the child actively and consciously works with the breathing technique and carefully modifies the course of the inhalation and exhalation process. By working with deep breathing, the child is able to cope with an uncomfortable situation on its own, bringing the body into a state of physiological respiratory balance.





BREATHING EXERCISES

CONSCIOUS OBSERVATION OF BREATHING

Sit or lie down in a comfortable position.

- This may be your favorite position for lazing around, daydreaming or resting after a tiring day or activity.

Bring awareness to your breathing.

- Notice what kind of breathing you rest comfortably with 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's 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 observe the moment when your ribs - under the influence of inhalation - spread to the sides and your chest fills with air. This is a sign that the breath has entered your body. It now fills every cell 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 the super power of your inhalation and exhalation work every time 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 release 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.





BREATHING EXERCISES

PROPRIOCEPTIVE BREATHING WITH A WEIGHTED MASCOT

Lie down in a comfortable position on your back. Place Philomena the Owl on her tummy with the muff up. Insert the fingers of both hands into the muff. Dip your fingers inside the mascot to the rhythm of its breathing.

- As you lie down comfortably, feel your back touch the mat. Relax your legs. Place Filomena the Owl on your tummy and feel its weight. Insert the fingers of both hands into the muff on the back and rhythmically squeeze the inside of the Owl with your fingers. Try to match the rhythm of embedding your fingers into the mascot to the way you breathe. Press as your intuition tells you. You know your breathing best and can match your finger movements to its current pace - no one else! Let the Owl surf on your belly naturally with the same breath as you come to the mat today. Don't correct your breathing, let it be as it is today, without any changes. Let the mascot make friends with your breath today as it is: happy, sad, angry, or maybe worried.

With the fingers of both hands hidden in the muff, knead the inside of Philomena's Owl in accordance with the breathing rhythm.

- When you are ready, inhale through your nose as if you were smelling the scent of your favorite flower and let the air into your body. Wait three seconds and exhale through your nose, saying "hyyy" with your mouth closed. If you can't say the magic "hyyy" with your mouth closed yet, that's okay. Open your mouth and say "hyyy" loudly and slowly. You'll see, at some point you'll have the super power to say "hyyy" without opening your mouth. Don't rush anything, just practice as you feel comfortable and pleasant at this moment "here and now".
- Once you become familiar with your breathing, turn your attention to Philomena the Owl. Feel how heavy it is. Notice how it rises and falls with your breathing. Using your fingers, alternately knead the mascot together inhaling and exhaling: right hand - inhale, left hand - exhale and vice versa. Notice how you inhale and exhale together with the mascot? How do you feel letting Philomena surf the wave of your breath on your belly? Breathe like this for as long as you need.
- Remember that you can invoke the super power of your breath in any situation: when you feel insecure, when you are sad, when you feel bad, when you are angry or when you are afraid of something. Breathe as you would during exercise. Philomena is a great companion and helps you work with your breath whenever you need it. Take her with you and combine your super powers. Place the Owl on its tummy or - if you can't - on your lap. Hide your hands in the muff and press them into the mask at the same time as your breathing. This super power of breathing that is always with you will help you find a safe place as you inhale and exhale. May mindfulness be with you, my Courageous Companion.





CORRECTIONAL GYMNASTICS

Unfasten the muff. Sit on a chair or on a mat with your back to the wall. Then do the exercises:

- Place the mascot upside down under your foot with the heel in the middle. Place the muff close to the mascot so that it touches the toes. The exercise involves rolling up the cape using your toes without removing the heel from the toy.
- Place the Owl between your feet. Place the muff on the side of your right foot. Grab the muff with your toes and move it to the other side of the mascot, near the left foot. Lift the muff with your left foot. Move it to the right side of the mascot, close to the right foot. Continue exercising for as long as you need.

Fun with a muff:

- Sit on a chair or mat with your back against the wall. Grabbing the buttons, you should fold the muff by placing your foot on the next button. It is the exerciser who decides how to fold the muff.
- Prepare two chairs and hang a string between them at the height of the child's foot. Sit on the mat with your back against the wall. Place the muff within reach of your foot. The exercise involves hanging a muff on a string using your feet.

Sit on the mat. Place your back comfortably against the wall. Place the Owl within reach of your foot with the muff attached on top. Do the exercises:

- Grab the Owl by its muff and turn it over. Repeat the exercise on the other foot.
- Place your foot in the muff and lift the owl up for a few breaths. Repeat the exercise on the other foot.
- Roll the Owl from your right leg to your left leg and vice versa. Repeat the exercise for as long as you need.



Advantages of playing with a weighted mascot

The effect of systematic breathing work with a weighted toy is the activation of deep sensation of the abdominal muscles during the breathing process.

At this stage, the child actively and consciously works with the breathing technique and carefully modifies the course of the inhalation and exhalation process. By working with deep breathing, the child is able to cope with an uncomfortable situation on its own, bringing the body into a state of physiological respiratory balance.



GYMNASTICS WITH THE OWL PHILOMENA

WRIST MASSAGE

Sit comfortably on the mat. Take a few deep breaths in and out according to the breathing instructions in the booklet.

- Sit on the mat in a cross-legged position. Straighten your spine. Imagine that an invisible thread is pulling your head and back up. Place your hands loosely on your lap. Close your eyes. Take a few deep breaths. Inhale through your nose as if you were smelling the scent of your favorite flower. As you exhale, remember the magic sound "hyyy". Bring your awareness to your breathing as it is today. Don't judge him or try to change him. Make friends with your inhalation and exhalation.

Slowly make circles with your hands and wrists, turning them outwards for a few breaths. Then make circles with your hands, making inward movements.

- Imagine that in front of you someone is pouring golden, thick honey from a pot. To see what's hidden behind the honey, slowly and thoroughly brush it from side to side. You can do this by making circles with your hands and moving the circular motion outwards. Remember - honey is thick - skim it off slowly and thoroughly. Bring your awareness to the circular movements of your hands. Close your eyes. Experiment with the movements of your hands. Get to know them with each inhalation and exhalation. Stay in the exercise for a few breaths. Then try to scoop the honey back into the pot. Close your eyes and bring your awareness to your hands. Stay in the exercise for a few inhales and exhales.

Unfasten Philomena's muff. Place the Owl face down on the mat in front of you. Go to a supported kneeling position: place your hands shoulder-width apart, knees hip-width apart. Place the Owl's back under one hand. As you inhale, press the owl into the mat using your wrist. As you exhale, relax your wrist. Perform the same exercise on the other hand.

- When pressing your wrist against the Owl, remember to breathe properly. Inhale through your nose as if you were smelling the scent of your favorite flower. While relaxing your wrist, exhale using the sound "hyyy". Stay in the exercise for as long as you need. Repeat the exercise on the other hand.

Press the wrist of one hand against Philomena. Make circular movements with your whole body, keeping your wrist away from the Owl. Shift your body weight onto your wrist. Move your whole body intuitively as you feel comfortable. Close your eyes. Stay in the exercise for a few breaths. Repeat the exercises on the other hand.

- While performing the exercise, remain kneeling and supported. Press the owl against the mat with your wrist and start making circular movements with your whole body. Try to transfer the entire weight of the movement to your wrist, it directs the circles your body makes. Inhale and exhale rhythmically. Close your eyes. Stay in the exercise for a few breaths. Then do the exercise on the other hand in the same way.

Press the wrist of one hand against Philomena the Owl. Pressing the mascot to the mat, make swinging movements to the right and left. Remember - do not tear your wrist away from the mascot. Close your eyes. Stay in the exercise for a few deep breaths.

- Perform the exercise with your knees supported. Pressing the Owl with your wrist to the mat, turn your wrist to the right when inhaling and to the left when exhaling, or vice versa - however you feel comfortable today. Let your whole body move with your hand. Close your eyes. Stay in the exercise for as long as you need.





GYMNASTICS WITH THE OWL PHILOMENA

Remain kneeling and supported. Place Philomena the Owl with her muff unfastened, back side up, under the back of one hand. Press Philomena the Owl to the mat with your hand positioned this way. Lean forward slightly - without taking your hand away from the Owl as you inhale. Then, on an exhale, return back to the starting position. Close your eyes. Do the exercise for a few breaths. Then repeat them on the other hand.

- Carefully press the owl with the back of your hand. As you lean forward, take a deep breath through your nose and try to transfer the weight of the movement to the back of your hand. When exhaling, remember the sound "hyyy". Close your eyes. Do the exercise until you feel pleasant relaxation. Repeat the exercise on the other hand.

Sit cross-legged. Relax your hands. Put your hands together and make a swinging movement left and right with your hands together. Then place Philomena the Owl on one of your laps and sink your fingers into it. Make intuitive movements with your fingers and grab the granules placed inside the mascot. Now slowly, starting with your thumb, press the mascot to your knee with each finger in turn, relaxing your hand as you exhale.

- Relaxing your wrists, imagine that you are sweeping dust particles from your shirt with your hands. Have fun with movement. Close your eyes and interlace your fingers. Mindfully tilt your joined hands to the right and left. Try to match the movement of your clasped hands to the rhythm of your inhalation and exhalation. Then place Philomena on one of your laps so that the mascot's back is up. One by one - starting with your thumb - and inhale, press each finger separately against your knee as if you wanted to glue it to your knee. Then, as you exhale, relax your hand. Exercise the fingers of the other hand in the same way.

Pin the muff on the Owl. Stay in a cross-legged position. Place the Owl on your right knee with the muff up. Place your right hand between cape and her back. Close your eyes and, as you inhale, lift the Owl up with your straight arm, then, as you exhale, place her on your knee. Do the exercise for a few breaths. Then practice lifting Philomena in the same way on your left knee, with your left hand.

- When you comfortably place the mascot on your right knee, place your right hand into the cape with the back of your hand facing up. Close your eyes. Take a deep breath through your nose and gently lift the mascot from your knee up. While exhaling - repeating the sound "hyyy" - slowly and carefully lower the mascot to your knee. Bring your awareness to your hand. Feel the weight of the mascot being lifted. Try to raise and lower the mascot in accordance with the rhythm of your inhalation and exhalation. Exercise for as long as you need. Then do the exercise with the other hand.

Finally, sit comfortably, place the soles of your feet together and let your legs loose. Close your eyes. Place your hands on your lap. Move your fingers and hands as you feel comfortable. Stay in the position for a few inhales and exhales.

- Sitting comfortably, bring your awareness to your hands. Place them casually on your lap. Close your eyes. Experiment for a while. Check how your fingers and wrists feel. Stay in the position for a few breaths. Repeat the exercise with the other hand. Thank yourself for taking time for yourself and your body. Being mindful of the fact that you are here while practicing your breathing is the most beautiful gift you can give yourself and your body every day. May mindfulness be with you, my Courageous Companion !



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 Platon 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 his or her everyday life "here and now". The young reader, in turn, focuses on the illustrations - which stimulate the right hemisphere in terms of colors - and 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

"With Plato the cat, we set off on an exuberant and picturesque journey to recognize the Braves Brave. Similarly, in the case of the philosopher Plato's dialogues, we listen to other people's conversations and at the same time have them with ourselves: Am I brave? What is my bravery?"

Children philosophize, even if they do not read intelligent books. "Plato the Cat and the Puzzle of Bravery" is a valuable proposition, especially for adults accompanying children - it will help them not to miss children's philosophizing and enjoy the common swirling of thoughts (thanks to numerous threads).

Dr. Katarzyna Kuczyńska
teacher of philosophy and
ethics



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 entry, 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 Courageous Companion. 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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