



# THE POWER OF PLAY

Playsheets

# Introduction

The effects of physical and emotional trauma on a child will ripple throughout their lives, as well as through the lives of everyone that they relate to and the generations that follow. This knowledge may make you feel overwhelmed, because you don't know how to help your child develop a positive image of themselves when you've never quite mastered it yourself.

Well, fear not!

There are ways to both heal and clear all of these programs — three of which are shared on the following pages. If this past year has shown us anything, it is that we must wake up to just how important it is to care for the lives of children everywhere.

What we do to or for a child will effect so many lives in years to come, and impact the health of our entire society.

So, what are you waiting for?

Let's play!

# MIRROR PLAY

(for the next 30 days)

I,                     [your name]                    

## **APPRECIATE MYSELF BECAUSE...**

1  
2  
3

## **LOVE HOW UNIQUE MY BODY IS BECAUSE...**

1  
2  
3

## **BELIEVE IN MYSELF BECAUSE...**

1  
2  
3

## **COMMIT MYSELF TO...**

1 *Doing this exercise every day for the next 30 days 😊*  
2  
3

When you look into your eyes in the mirror, breathe deeply and repeat these affirmations to yourself out loud, it allows your subconscious mind to feel more confident in minutes. Do this exercise yourself and share the idea with your children — young kids especially love connecting to themselves in the mirror! 😊

# 20 THINGS I LOVE TO DO

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

When you take the time to do the things your soul loves to do, you automatically raise the vibration of your cellular body in a playful way. Use this exercise with your children to find the things you each love doing — and make sure you do at least **TWO** of them every day! 😊

# HO'OPONOPONO

**I'm Sorry  
Please Forgive Me  
Thank You  
I Love You**



Ho'oponopono is an ancient Hawaiian practice of healing with love and forgiveness. Every cell in your body carries consciousness and when you concentrate on saying these words to your body, it opens up your heart to doing what is right for yourself, for other people and for the planet. Teach these phrases to your children so that they can feel into their heart expansion. Say them whenever and wherever you want! 😊

# YOUR PLAYFUL MENTOR



Since she was a child, **Theresa Fowler**, also known as '**Quantum Mutha T**', faced many crises with her identity, wanting to belong but always feeling that she didn't 'fit in'. The pressure of people pleasing eventually led to decades of physical and mental health issues like obesity, depression and burnout (twice!). The only thing that kept her alive was her ability to have fun.

Now after 12 years of committing to her personal growth by leaving the rat race behind, losing 100lbs, embarking on a spiritual journey and writing books, she has found her place with those of like minds who accept her playfulness without compromise — because she made the choice to accept and love herself first.

Along with writing and speaking internationally, Theresa helps millennial women interrupt the subconscious patterns that keep them from living fully in their hearts so that they can consciously create a better future for all.

Your soul thanks you for engaging in

## THE POWER OF PLAY

Theresa  
x