

Mindful Monsters: Self Love with Grover

[Chime]

Grover: Hello, there. It is I, your furry and adorable friend, Grover. Welcome to Mindful Monsters. I am so glad you are here. Being a mindful monster means paying close attention to how you feel and what is going on around you. Let us start by taking a deep breath. Ready?

[Inhale, exhale] Ah.

[Chiming]

Now, let us take a mindful moment with cute, little old me to learn about loving ourselves. I just wanted to take this mindful moment to tell you that you are special. Uh-huh. It is true. We are all special, just for being ourselves. And I have a special thing I say to remember that I am special, and I want you to say it with me. OK? Repeat after me. "I love me."

Oh. Now, give yourself a hug. OK. Now, place your hand on your heart and say, "I am kind."

Uh-huh. You are. You are kind. OK. Now, put your hands on your hips and say, "I am brave."

You are brave. It is true. OK. Now, make a big muscle and say, "I am growing every day."

Oh. What lovely big muscles you have. OK. Now, one more time. Give yourself a big hug and say, "I love me."

I cannot hear you.

Oh, very good. Now, remember, you can say these words loud and proud whenever you want so that you do not ever forget that you are special.

[Chiming]

Well, that was nice. Thank you for stopping by Mindful Monsters and taking a mindful moment with us today. Let us take one more deep breath together. OK?

[Inhale, exhale] Ah. Bye.

[Chime]