

mindful moments

When things start to feel out of control, one of the ways that you can feel calmer and more in control is by taking a... **mindful moment**

- **Lie down somewhere comfortable.** Let your arms and legs fall to the ground. Close your eyes gently.
- **Start to notice how your body changes with each breath you take.** Each time you breathe, your belly moves up, and your belly moves down. If it is easier, put a hand on your belly. Or if you want, put a stuffed animal there.
- **Each time you breathe, your belly moves.** Your hand, or your toy, rises, and then falls. See if you can count ten breaths that way. Breathing in, one, breathing out, one.
- **When you lose count, don't worry about it.** That's normal, and happens to everyone. Come back to whatever number you last remember.
- **Now, shift your attention to your day.** Breathing in, focus on your breath as your belly goes up. Breathing out, focus on something that went well today.
- **With each breath:** breathing in, noticing your belly move, and with each breath out, noticing something that went well today.
- **Now, picture something about yourself that makes you proud.** Breathing in, focus on your belly moving. Breathing out, picture something that makes you proud of yourself. If nothing comes to mind, that sometimes happens. If that's how you feel, picture what you'd wish for yourself instead.
- **Finally, bring someone to mind who makes you happy.** Before we end, try one more practice. Breathing in, notice your belly move. And now, breathing out, picture someone who makes you happy.
- **As you come to the end of this practice** take a few deep breaths, and start to wiggle your arms and legs. Pause and decide what you'd like to do next.



★ Grounding exercise

We have 5 senses: sight, feel, hear, smell and taste. Our senses help us to understand what is happening around us every day, we'll often use them without realising it!

We can also use our senses to help ground us and make ourselves more aware of our bodies when we might be feeling overwhelmed or worried.

Instructions: Settle down into your chair, and take a couple of deep breaths. Take your time to notice each sense as work your way down the list below. Don't worry if you get distracted, bring yourself back to the list until you have finished it.

At the end you'll feel clearer and grounded and ready for the day!

Things to notice:

- 5 things you can **SEE**
- 4 things you can **FEEL**
- 3 things you can **HEAR**
- 2 things you can **SMELL**
- 1 thing you can **TASTE**



★ Fingertip breathing

Fingertip breathing is good way to help keep you calm and in control if you are feeling worried.

Stretch out your right hand and use your left index finger to trace along the edges of your fingers. Breathe in as your finger goes up and breathe out when your finger goes down, until you have reached the end. Repeat it a couple of times until you get the hang of it!

This is a great technique to do if you at school or out and about as you can do it discretely.

