



MINDFULNESS

WHAT IS MINDFULNESS?

Mindfulness allows you to be fully present, aware of where you are, what you're experiencing in the present time moment. During mindfulness you actively observe your thoughts and feelings from a distance - without judging them as 'good' or 'bad'. Mindfulness means living in the moment and awakening your experience.



MINDFUL BREATHING

Breathing mindfully allows us to voluntarily activate our brain in ways that calm the body. It can vastly improve a child's wellbeing and should be practiced regularly to make its effects more powerful.

It's like exercising any muscle; the more you flex it, the stronger it becomes. Low and slow mindful breathing is a powerful tool to calm the heart and mind right before something challenging or before sleep.



1 Sit or lie in a comfortable position

2 Place your hands comfortably on your legs, lengthen your spine and bring your chin slightly down



3 Close your eyes and listen to the sound of your breath



4 Simply notice your breathing

5 Let your tummy fill up like a balloon



6 Notice it get round and then flat again

7 Notice your thoughts and feelings as they pass through your mind



8 If your mind gets stuck on a thought don't worry, just label those thoughts as "thinking"

9 Simply notice each time and let it go - like leaves on a stream

10 Continue for 4 - 5 minutes



11 Slowly, bring your attention back into the room or drift o to sleep