

MINDFULNESS

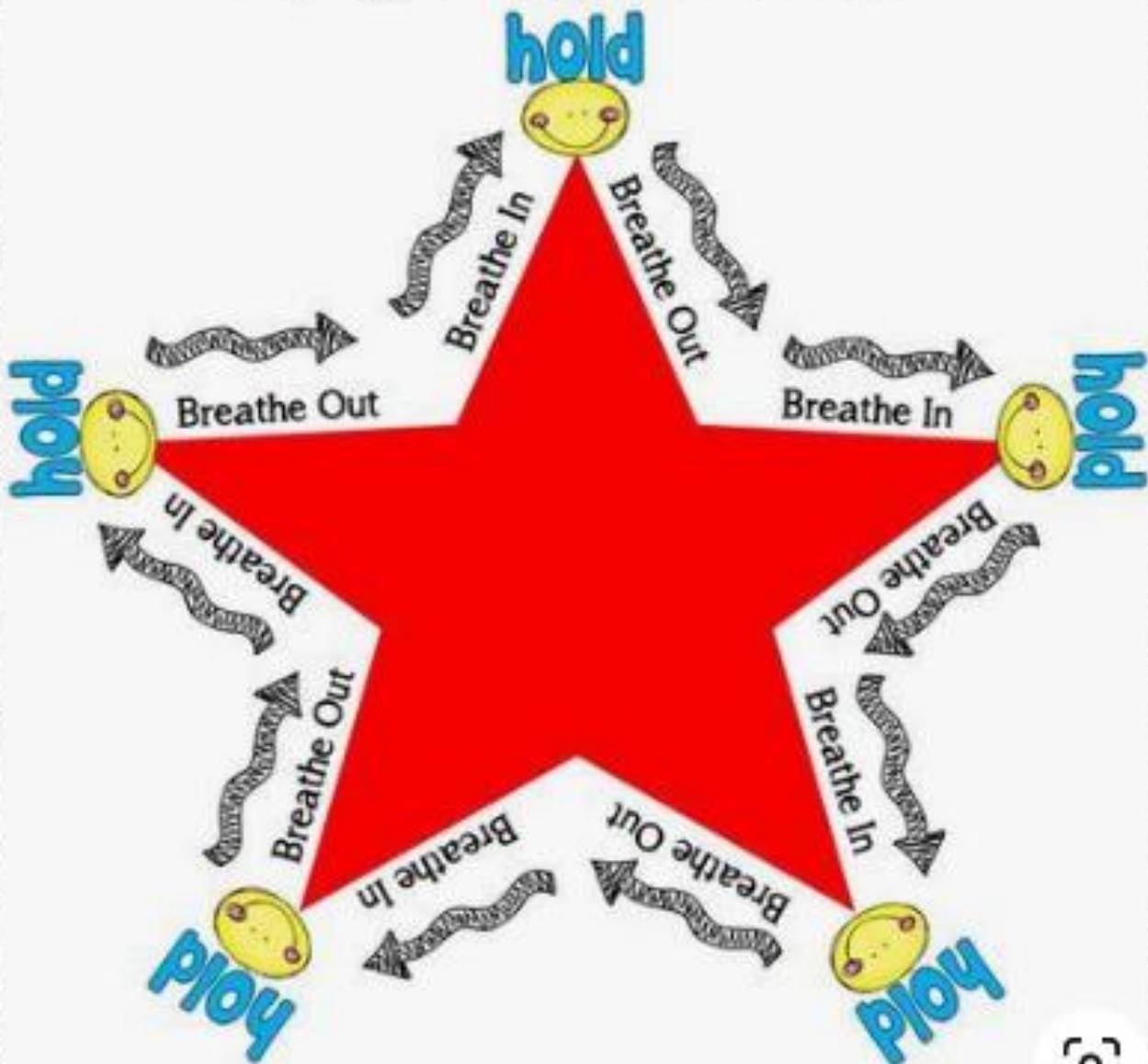


5 Steps to Managing Big Emotions



Star Breathing

Breathe in, hold at the point, and breathe out.
Follow your way around the star.



Breathing Technique

- Sit in a comfortable spot.
- Close your eyes.
- As you breathe in imagine ocean waves crashing onto the shore. As you breathe out imagine the waves going back to the ocean.

Mindful Listening

- Sit in a comfortable spot.
- Close your eyes.
- Try to focus only on what you hear. Take time to notice all the different sounds. Notice where the sounds might be coming from and what they might be.

Mindful Observer

- Stand near a window.
- Allow yourself to just observe.
- Notice what you see. Notice any animals that move. Notice the trees. Focus only on the thing you see.

Rainbow Observer

- Stand near a window.
- Take time to observe.
- One at a time, notice things that are each color in the rainbow (Red, orange, yellow, Blue, Green, and Purple).

Body Scan

- Sit or lay down in a comfortable spot.
- Close your eyes.
- Squeeze each muscle in your body as tight as possible for a few moments, then release and relax for a moment. You can do all muscles at once, or one muscle/body part at a time.

Calm Down Countdown

- Name:
 - 5 things you can see
 - 4 things you can touch
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste

Affirmation Meditation

- Think of a short word or phrase that makes you feel happy.
- Close your eyes and try to keep your breathing steady.
- Repeat the phrase over and over for a few moments.
- Some examples: I am smart, or I am happy, or I am strong

Gratitude Meditation

- Sit in a comfortable spot.
- Close your eyes.
- Start picturing all the people and things in your life that you are grateful for.
- Picture each one for a moment then move on to the next one.

Mindful Heartbeat

- Jump up and down for a minute.
- Sit down and put your hand on your chest.
- Take a few minutes to focus only on your heartbeat.
- Notice what it feels like.

Mindful Breathing

- Sit in a comfortable spot.
- Place one hand on your belly and one on your heart.
- Breathe. Notice what happens to your hands as you breathe. Notice if you breathe more from your belly or from your chest. Try to breathe only from your chest then only from your belly.

Sending Positive Thoughts

- Sit in a comfortable spot.
- Close your eyes.
- Picture someone you want to send a positive thought to. Think about the positive thought. Imagine sending that thought to that person.

Mindful Dreamers

- Sit in a comfortable spot.
- Close your eyes.
- Start to think about a goal you have. Picture yourself achieving that goal. Notice what you feel.

Ask someone to drop a feather and watch it very closely as it floats to the ground.

Listen carefully to a piece of music and draw a line on a piece of paper which matches the feeling created by the music.



Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.



Ring a bell or make a lasting noise with another instrument or method.

Listen very carefully to the fading sound until you are sure you can no longer hear it.



Find something with a strong and pleasant scent e.g. lavender or orange peel and place it close to your nose.

Try to concentrate just on the smell for a whole minute.



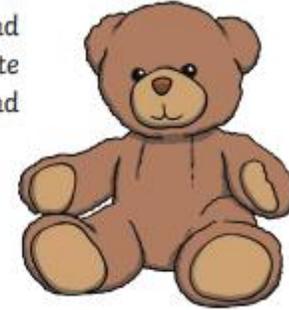
Close your eyes and ask a partner to pass you an object that you can hold in your hands.

Touch and turn the object, describing each aspect in detail to your partner and then swap places.



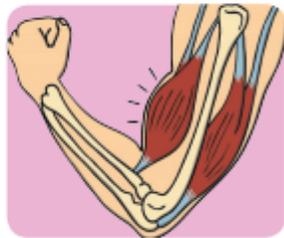
Lie with your back on the floor and place a soft toy on your tummy.

Breathe in and out slowly and deeply and try to concentrate on the way your toy rises and falls with your breathing.



Lie comfortably on your back on the floor. Move your attention around your body by tensing and clenching your muscles and then relaxing them. Hunch your shoulders, then let them go.

Make your hands into fists then tighten the muscles in your arms before relaxing them. Continue to move around your body repeating this process.



Sit in a room with your eyes closed.

Ask someone else to spray a perfume or deodorant at the other side of the room and, keeping your eyes closed, try to notice the exact moment when the smell reaches you.



MINDFUL BREATHING

1. Sitting or standing, place your hands on your belly. Close your eyes, or look down towards your hands.
2. Take three slow, deep breaths in and out.
3. In your mind, count '1, 2, 3' for each breath in and '1, 2, 3' for each breath out. Pause slightly at the end of each exhale.
4. Continue for 3 to 5 minutes or until the teacher says, "Stop".

Guiding Questions

- Can you feel your hands moving?
- What is moving your hands? Is it the air filling your lungs?
- Can you feel the air moving in through your nose?
- Can you feel the air moving out through your nose?
- Does the air feel a little colder on the way in and warmer on the way out?
- Can you hear your breath?
- What does it sound like?



BELLY BUDDIES

Materials: small lightweight object such as a soft toy, a small beanbag or a wooden block

1. Lie flat on your back and place the object on top of your belly button. Look down towards your object.
2. Take three slow, deep breaths in and out.
3. In your mind, count '1, 2, 3' for each breath in and '1, 2, 3' for each breath out. Pause slightly at the end of each exhale.
4. Continue for 3 to 5 minutes or until the teacher says, "Stop".

Guiding Questions

- Can you feel the weight of your object on your belly?
- Can you see your object moving?
- What is moving your object? Is it the air filling your lungs?
- Can you feel the air moving in through your nose?
- Can you feel the air moving out through your nose?
- Can you hear your breath?



BREATHING COLOURS



1. Sit or stand comfortably. Keep your body straight. Be still and silent. Soften your breath and shut your eyes.
2. Think of a relaxing colour. It can be any colour, as long as it reminds you of relaxing.
3. Now think of a colour that represents stress, sadness or anger.
4. Imagine you are surrounded by the relaxing colour. No longer is the air clear; it is the relaxing colour.
5. Take a deep breath in and imagine breathing in the relaxing colour. Imagine the colour filling your lungs.
6. As you breathe out, imagine that your breath is the colour of stress.
7. See the stress colour mix into the relaxing colour around you. Watch it disappear.
8. Breathe in your relaxing colour. Breathe out your stress colour.
9. Continue for 3 to 5 minutes or until the teacher says, "Stop".

BREATH STAR

1. Spread one hand out like a star.
2. Use the index finger on your other hand to trace the outline of your star hand.
3. Take a deep breath in as you move your tracing finger to the top of your thumb.
4. Breathe out as you move your tracing finger down between your thumb and first finger.
5. Take another breath in as you move to the top of your first finger.
6. Breathe out as you move down between your first and second fingers.
7. Continue this pattern, tracing each of your fingers until you have taken five slow, deep breaths.
8. Repeat on the other hand.



BACK-TO-BACK BREATHING

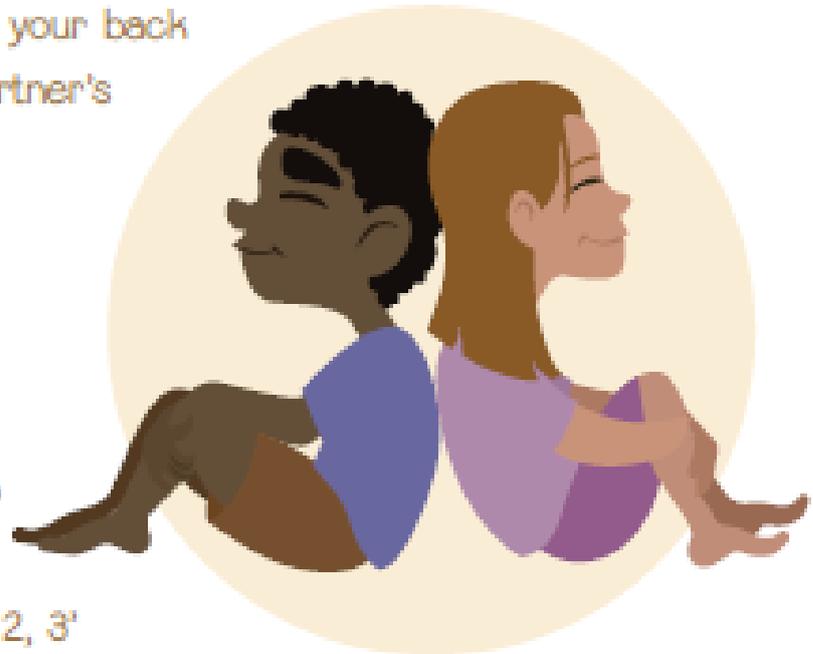
1. Find a partner. Sit with your back resting against your partner's back.

2. Sit up straight. Be still and silent. Soften your breath and shut your eyes.

3. Take three slow, deep breaths in and out.

4. In your mind, count '1, 2, 3' during each breath in and '1, 2, 3' during each breath out. Pause slightly at the end of each exhale.

5. Continue for 3 to 5 minutes.



Guiding Questions

- Can you feel your partner's back moving as they breathe?
- Is their breath shallow or deep? Fast or slow?
- Did your breath fall into sync with your partner's? In what way?

BODY SCAN

1. Stand or lie comfortably. Keep your body straight. Be still and silent. Soften your breath. Shut your eyes or look towards your hands or the ceiling.
2. Take three slow, deep breaths in and out.
3. Focus on your feet for 5 to 10 seconds.
 - How does this body part feel?
 - Is it cold or warm?
 - Does it feel tight or relaxed?
 - Is all, or part, of that body part touching the floor?
 - Can you feel any clothing against your skin?
 - What does it feel like?
4. Move your focus to your toes, then your ankles, then your calves and then your knees. Consider the above questions at each 'stop'.



5. Continue, body part by body part, until you reach your head.
6. If you feel any tightness or stress in a particular area, imagine breathing the stress out of that body part with each exhale.

MINDFUL EATS

Materials: a small piece of allergy-friendly food such as chocolate or fruit

1. Sit straight and still. Close your eyes or look downwards.
2. Take three slow, deep breaths in and out.
3. Hold the food up to your nose and take a deep breath in. Notice the smell and how the smell makes you feel.
4. Take a small bite of the food. Let it sit in your mouth awhile before you swallow it.
5. Notice which muscles in your mouth, neck and body move as you eat.
6. Pause between each bite and notice any changing sensations in your mouth or body.
7. Continue eating your food slowly and mindfully.



Guiding Questions

- What is the taste like? Is it sweet or savoury?
- What does the food feel like on your tongue?
- Do you need to crunch it between your teeth, or can you slowly dissolve it in your mouth?
- Try taking a slightly smaller or slightly larger bite. How does this change the way eating this food feels?

SENSORY BOTTLE

Materials: a sensory bottle filled with small floating objects or coloured liquid bubbles

1. Shake the bottle well so that its contents are all mixed up.

Imagine that the stirred-up bottle is like your mind when you are feeling stressed, angry or upset. Just like it is hard to see the contents of the bottle clearly, it is hard to think clearly when we are upset.

2. Place the bottle down on a table.

Watch what happens when the bottle is still for a few moments.

Notice how its contents begin to settle and the water clears. Our mind and our feelings work the same way.

When we stop and are still for a little while, hard feelings feel less intense and we can see things more clearly.

Follow the falling objects or coloured bubbles with your eyes until every last one has settled at the bottom of the bottle.



SENSE COUNTDOWN

1. Sit or stand straight and still. Close your eyes or look downward.
2. Take three deep breaths in and out.
3. Open your eyes.

- Notice **five** things you can see.
- Notice **four** things you can touch.
- Notice **three** things you can hear.
- Notice **two** things you can smell.
- Notice **one** thing you can taste.



HEARTBEAT

1. Sit straight and still. Close your eyes or look downward.
2. Take three deep breaths in and out.
3. Place your fingers or hands over the part of your body where you can best feel your pulse (or heartbeat):
 - on the side of your neck, under your jaw
 - inside your wrist
 - over your heart.
4. Notice how quickly or slowly your heart is beating.
5. Think about your current feelings.

Do you think this feeling is connected to how quickly or slowly your heart is beating?

6. Without speaking, stand up and jump on the spot ten times.
7. Sit down and find your heartbeat again.

What changes do you notice? Is your heart beating faster or slower than you expected?
Can you notice any change in your breath?

8. Close your eyes and focus on your heartbeat until it slows down again.

