

The background of the page is a vibrant illustration. At the top, a blue sky with white clouds is decorated with four butterflies: two orange and black monarchs and two blue ones. Below the sky, a child with red hair, wearing a white t-shirt and green shorts, is lying on their back in a lush green field filled with white daisies. The child's eyes are closed, and they appear to be in a state of relaxation. A single blue butterfly is shown in flight just above the child's head. The entire scene is framed by a thick blue border.

Mindfulness

Mindful Breathing

Squeeze and Flop

Taking a moment to be calm and relaxed in a busy day can help us to feel settled and happy.

Find a comfortable position, either sitting or lying down. Close your eyes if you feel comfortable with this. Take a few deep and gentle breaths, in and out. Feel yourself start to relax.

Now, squeeze your muscles as tightly as you can. Hold the squeeze for a count of three. Then, flop and relax your muscles for a count of five.

Do this between five and ten times.

Well done for taking a mindful moment! How do you feel?

Mindfulness

Mindful Breathing Balloons

Taking a moment to be calm and relaxed during a busy day can help us to feel settled and happy.

Taking slow and gentle breaths, in and out, can help us to feel better if we are worried, frightened or sad.

Imagine you are blowing up a balloon – take a gentle, deep breath in and slowly breathe out to fill up your imaginary balloon. Pretend to tie a knot in the end and attach a string.

As you hold on to the balloon, imagine seeing it flying high in the sky. As it gently blows in the warm breeze, just watch it. As you watch it, think of something that makes you happy.

Blow up some more imaginary balloons and think of some more things that make you happy. Enjoy feeling calm and relaxed.

Thinking of things that make us happy can help us to have a positive day.

It is a good way of looking after our mental health and wellbeing too!





Mindfulness

Mindful Breathing

Taking a moment to be calm and relaxed during a busy day can help us to feel settled and happy.

Taking slow and gentle breaths, in and out, can help us to feel better if we are worried, frightened or sad.

Find a comfortable place to sit.

Breathe in for a count of three and out for a count of five.

Do this three times and then, with the next breath you take in, close your eyes if you feel comfortable doing so.

Continue to focus on your breathing for as long as you need to feel calm, settled and relaxed.

If your mind wanders and you start thinking about other things, notice this and then simply come back to focusing on your breath.

Well done for taking a mindful moment! How do you feel?



Mindfulness

Mindful Breathing

Dandelions

Taking a moment to be calm and relaxed during a busy day can help us to feel settled and happy.

Taking slow and gentle breaths, in and out, can help us to feel better if we are worried, frightened or sad.

Imagine you are holding a fluffy, white dandelion.



Take some time to just look at it. As you look, let your breathing slow down and relax.

Take a deep breath in for a count of three and then very gently blow out onto the dandelion until each seed has disappeared into the wind.

Pick another imaginary dandelion and do this again.

Well done for taking a mindful moment! How do you feel?





Mindfulness

Mindful Breathing

Conch Shell

Taking a moment to be calm and relaxed during a busy day can help us to feel settled and happy.

Taking slow and gentle breaths, in and out, can help us to feel better if we are worried, frightened or sad.

Imagine you are holding a conch shell.

Take your imaginary conch shell up to your lips.

Take a gentle breath in and then breathe out into your conch shell.

Imagine your breath is spiralling inside the shell, making a magical noise that only you can hear.

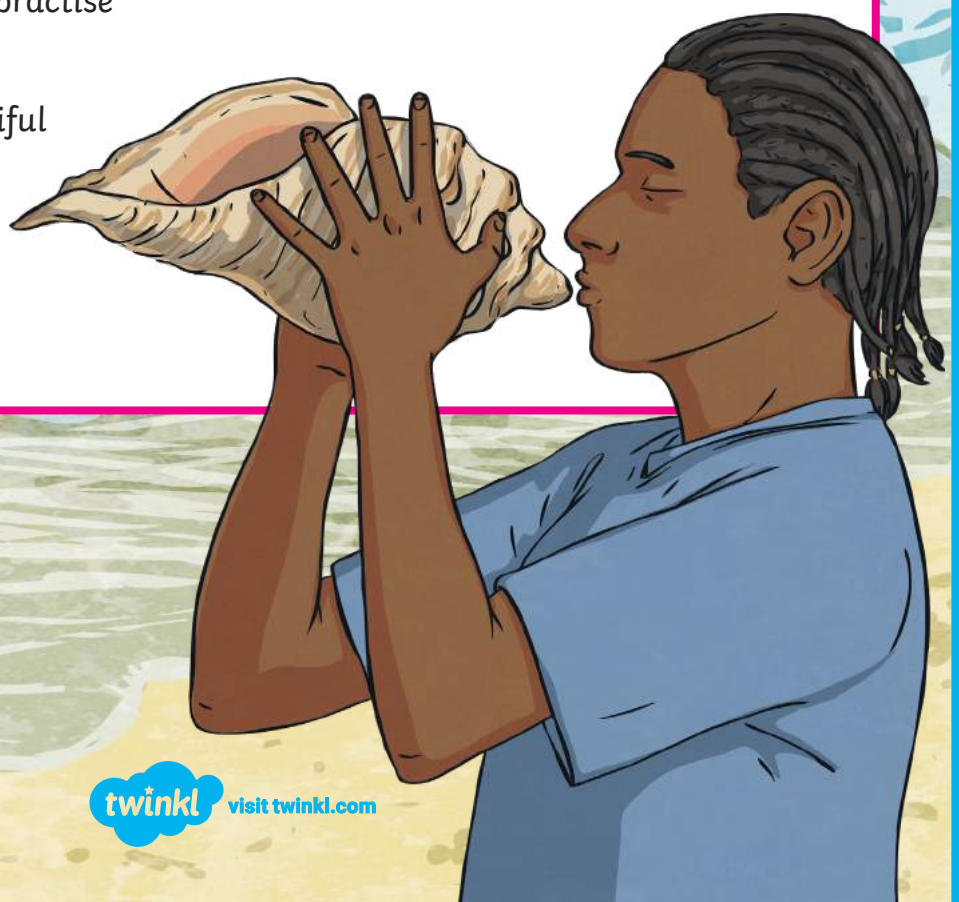
See if you can play your imaginary horn very softly.

Now try playing your imaginary horn strongly. Notice how your breath gets longer when you practise this breathing.

Imagine what a beautiful sound you're making.

Well done for taking a mindful moment!

How do you feel?



Mindfulness

Mindful Breathing

Ribbon

Taking a moment to be calm and relaxed during a busy day can help us to feel settled and happy.

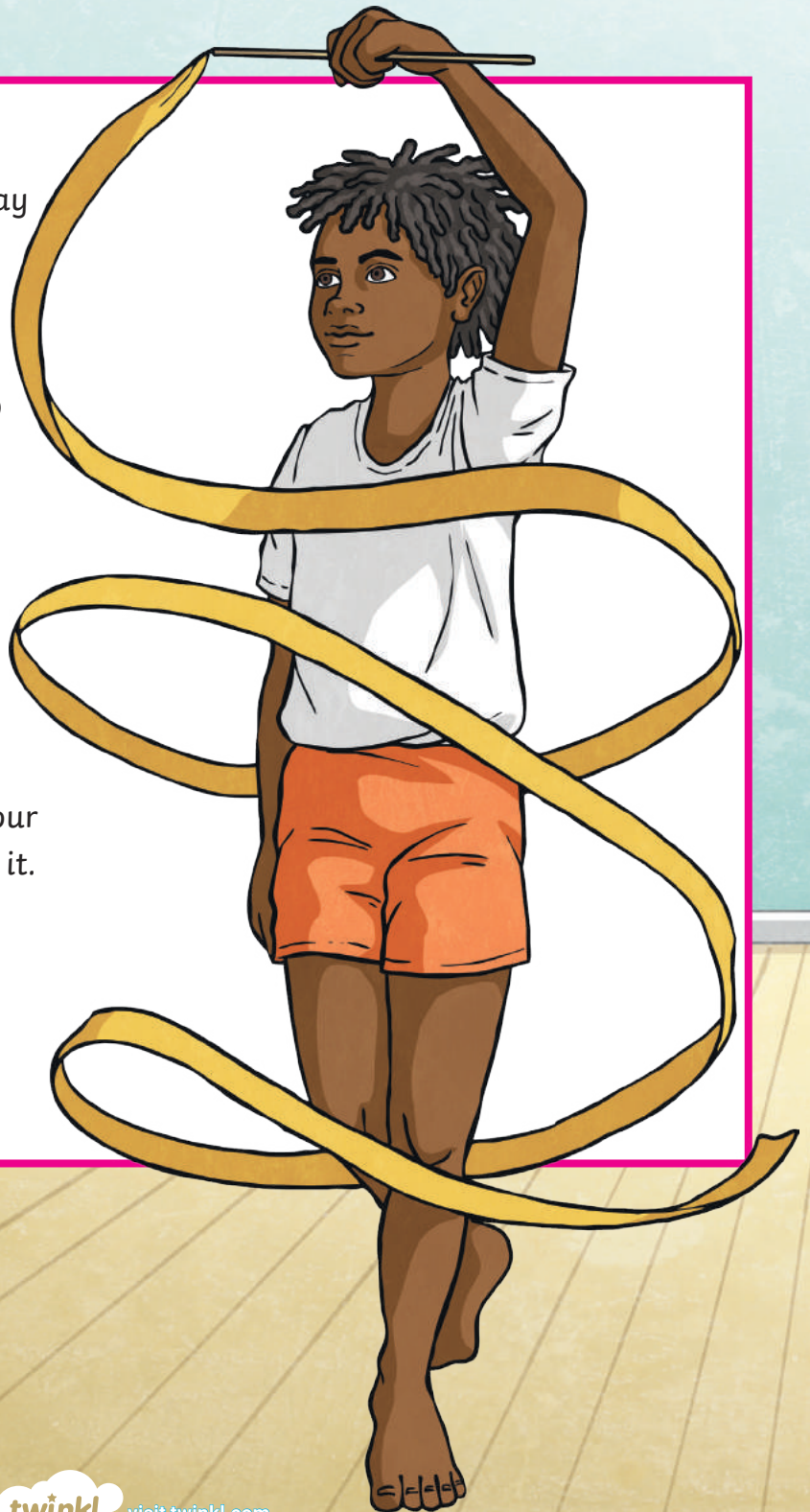
Taking slow and gentle breaths, in and out, can help us to feel better if we are worried, frightened or sad.

Sit comfortably, breathe in and then, as you breathe out, imagine your breath becomes a long, smooth ribbon.

Think about the ribbon's colour and how long you can make it.

Try this again.

Well done for taking a mindful moment!
How do you feel?





Mindfulness

Mindful Breathing Chest Balloon

Taking a moment to be calm and relaxed during a busy day can help us to feel settled and happy.

Taking slow and gentle breaths, in and out, can help us to feel better if we are worried, frightened or sad.

Imagine a balloon inside your chest that gets bigger and smaller as you breathe in and out.

Breathe in and imagine the balloon expanding.

Breathe out and imagine the balloon becoming flat and empty.

Breathe easily, in and out.

Breathe like this for a few breaths.

Well done for taking a mindful moment!

How do you feel?

Mindfulness

Mindful Breathing Bubbles

Taking a moment to be calm and relaxed during a busy day can help us to feel settled and happy.

Taking slow and gentle breaths, in and out, can help us to feel better if we are worried, frightened or sad.

Make your lips into a tiny circle, like the mouth of a seahorse.

Imagine you are breathing out tiny bubbles. Your breath out is long and smooth.

Repeat this a few times.

Notice how long your breath out can become.

Well done for taking a mindful moment! How do you feel?



Disclaimer

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