

Main (7 minutes)

- 1 Today we are going to learn how to get into a good position for mindfulness and concentrate on breathing.
- 2 Find a comfortable sitting position in a chair with your feet flat on the floor.
- 3 Shut your eyes if you are comfortable to do so.
- 4 Rest your hands gently on your legs.
- 5 Focus your awareness on the feeling of your feet touching the floor, the strong Earth is supporting you.
- 6 Try to straighten your back but don't strain upright. Imagine a string coming out of the top of your head with a floating balloon attached to it. The balloon is stretching you gently upright.
- 7 Relax your shoulders. If they feel curved inwards, try to roll them back and relax the muscles.
- 8 Focus on your mouth and your tongue. Your tongue should be lying relaxed in your mouth, not pushing anywhere. Your mouth should not feel tight and tense, think about how you have your mouth when you are going to sleep; relaxed and not clenched tightly shut.
- 9 Breathe quietly through your nose, feel your lungs fill and empty. Sit quietly just concentrating on your breathing for a while.
Clean air coming in to your lungs, feel your lungs expanding like balloons and then silently let the air out again and feel your lungs contracting.
Think about how your body feels when your lungs fill, do they pull your spine up straighter? Does the breath relax your muscles?
Breathe silently for a few minutes*

VARIATION

As noted in the teacher's notes, make adaptations for children who cannot sit still in an upright position but encourage contact between the feet and the ground if possible.

VARIATION

Some children will feel more focused if they shut their eyes, others will not feel comfortable doing this. If they do not feel comfortable with eyes shut, they should gaze gently towards the ground, not at other people.

VARIATION

If children have a blocked nose, they should breathe in whichever way is most comfortable. Breathing should be quiet.

TEACHER NOTES

*Judge the length of time that you feel children can sit breathing silently. As this is the first session, it is likely to be short. You can extend the silent time in future sessions.