

## Main (7 minutes)

1 Can they remember what position they sat in when doing mindfulness sitting?  
Can they get ready for mindfulness now?

- 2
- Find a comfortable sitting position in a chair with your feet flat on the floor\*.
  - Shut your eyes if you are comfortable to do so.
  - 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.
  - Rest your hands gently on your legs.
  - Focus your awareness on the feeling of your feet touching the floor, the strong Earth is supporting you.
  - 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.
  - Relax your shoulders. If they feel curved inwards, try to roll them back and relax the muscles.
  - 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.

3 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 moments.

4 If your mind wanders and you start to think of other things, try to bring your mind back to just focusing on your breathing.

5 Now, imagine you are holding a mug of warm hot chocolate in your hands. Imagine the feel of the warm mug in your hands. The steam gently rising up and disappearing into the air. The mug is full right to the top.

6 You bring the hot chocolate up towards your mouth carefully and slowly. Use your nose to breathe in the smell deeply.

7 You want to cool the hot chocolate a little, so take a deep breath in to smell the chocolate, then blow out through your mouth to cool the chocolate.

8 Don't blow too hard or you will make the chocolate spill out. A deep breath in through your nose, smell the chocolate, then gently blowing through your mouth to cool it down.

### TEACHER NOTES

See the next step for the guidance that children were given last year.

### 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

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

### VARIATION

Children can move their hands if they wish - if it helps the visualisation.

### TEACHER NOTES

Repeat this for a few breaths.