

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. Bring them up towards your ears then roll them back to 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, inhale through your nose, feel your lungs fill and then exhale through your mouth quietly. 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 Let's try square breathing which is something that you have done before.
1. Imagine a big square shape floating in front of you.
 2. You trace the edge of the shape with your finger, begin in the bottom left corner.
 3. Go up slowly to the corner.
 4. Across.
 5. Down.
 6. and left, back to the start position.

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.