

MINDFUL BREATHING

1



Imagine your favourite smelling flower.

2



Then imagine the candle on your birthday cake.

3



Put both your hands forward. In your right hand, imagine you are holding your favourite flower and in your left hand, imagine you are holding your birthday candle.

4



Now, smell the flower and blow the candle. Nice job paying attention to your breath!

Listening to the Bell

1



Close your eyes and focus on the sound of the bell.

2



Ring the singing bowl. Breathe normally and listen closely to the sound of the bell. If you don't have a singing bowl, strike a pencil against any metal bowl.

3



Open your eyes when you can no longer hear the bell.

Some questions to ask children after the bell:

- How did you feel listening to the sound of the bell?
- Where did you feel it?
- Did you feel anything else?

MINDful Eating

1



Materials: Raisins, or bite sized pieces of fruit.

2



Take one and hold it without eating it.

3

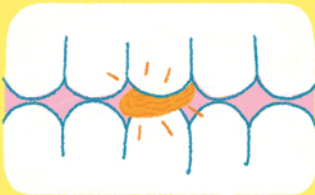


Smell it. Notice it's colour. Feel it's texture.

4



Very slowly, put it in your mouth. Notice how it feels when you want to eat something but you wait.



Bring the raisin between your teeth. Break into it slowly.



Feel it going down your throat.

Some questions to ask children after the meditation:

- How does it feel like to eat something with all your attention?
- What has become of the raisin?
- Think of all the things that make up a raisin. Is it made of:



rain?



sunshine?

mindfulness of Touch

1



Get started by warming up your hands. Rub your hands together, and stop, and hold them out in front of you. What do you feel? Tingling? Cold?

2



A mystery bag contains objects of different textures and shapes like the one above. Ask an adult to make one for you without telling you what they have put in it.

3



Once the bag is ready, reach in to FEEL the object inside, but don't LOOK at the object inside.

4



Describe what you touch and feel. You may even guess what it might be.

5



Finally, open the bag to SEE what the object is.

belly buddies

1



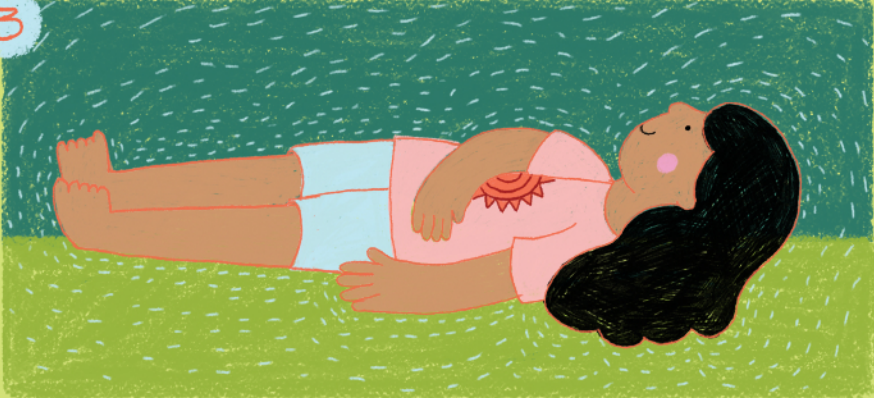
Place your hand on your belly. Take some slow, normal breaths into your belly. What's happening to your belly when you breathe in and out?

2



Belly buddies are soft toys to help you learn about your belly breath.

3



Lie on the floor. Feel how heavy your body is on the floor. Notice the parts of body that touch the floor.

4



Place your buddy on your belly. Breathing normally, noticing your belly moving up and down, imagine you are giving your buddy a gentle ride with your breath. Breathing in, buddy goes up, breathing out, buddy moves down.

5



You may notice when you rock your buddy to sleep, you become relaxed and sleepy too.