

A moment of mindfulness



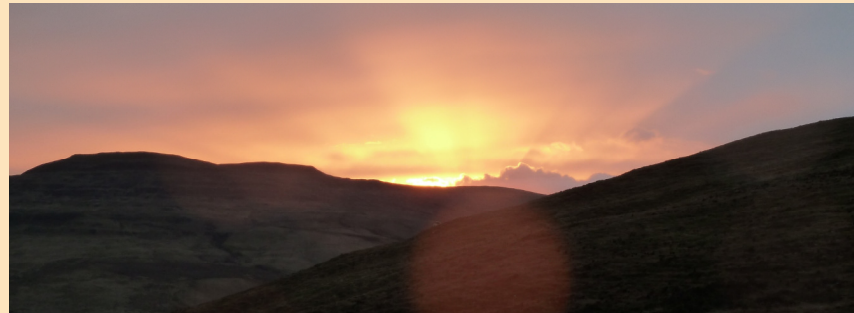
The right frame of mind

With all the excitement of the aerial assault course, we thought it might be useful to have some help refocusing the children's attention.



- First get all the children sitting down, then get them to close their eyes (it is important to wait until they have all gone relatively quiet so take your time)
- The following is a script that you should talk them (slowly) through. It is important to take your time and take a pause between each instruction, your voice should be calm and soothing. The whole exercise should take between 8-10 minutes
- I want you to start by taking a few slow deep breaths – In through the nose and out through the mouth. (Let them do this 4 or 5 times. These should be long, slow and deep.)
- I want you to start becoming aware of your body, how gravity pulls you downwards, notice the pressure of your body where it makes contact with the chair, the feeling of the pull of gravity on your shoulders, arms head and legs.

- Start to focus on the sounds around, don't strain to hear them or put in too much effort, just notice them. Are they loud and close or quiet and faraway?
- Do the same for any smells or any tastes that you notice. Are they sweet or salty? Strong or slight?
- Scan through your body starting with the head and working slowly, take time to notice how it feels, are you tired? Comfortable, uncomfortable? (take a few minutes for this)
- I want you to notice what happens when you take a breath, is every breath the same? What parts of your body move as you breath in and out.
- Start counting the breaths, just count to ten then start again, focus on the movement of the breaths in the body as you count.
- Okay now just let go of any focus. Let the mind wander and think about whatever it wants.
- When you're ready open your eyes.



Reference:

Puddicombe, A. *Headspace - Take 10*. (Available at: <http://www.getsomeheadspace.com/>)