



Bumble Bee Breathing

Breathe in through your nose and purse your lips as you breathe out, creating a buzz.

As you feel your mouth tingling, your mind will automatically focus on the 'now'.

"Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally."

Jon Kabat-Zinn

Make a note..

Of all the good things that happen to you today.

Recognise all the happy things that have happened.

Write them down and look at the list at the end of your day.



Mindful Balloons

Each time you think of something that makes you feel sad, stop and focus.

Imagine that you place your thought into a balloon and watch as it floats away.....



The sun is in the sky, the sun is in me, the sun is in every person,

every creature, every blade of grass and tree!

The sun loves all the world equally.

Taken from Move with Me Yoga Adventures.com



The Mindfulness Tool Box



To see a world in a grain of sand and heaven in a wild flower, Hold infinity in the palm of your hand and eternity in an hour." William Blake