

Be Happy To Be Here

We often have our minds full of busyness. All too often we are rushing around multitasking our way through the day. Mindfulness is a way of calming our minds and letting them be still for a while. It is about focusing on the 'Here and Now' and not worrying about what has been or will be. We can all do this by focusing on simple things, a good walk, noticing our surroundings, looking at beauty, just being here and being aware. This leaflet will give you and your child some ideas on becoming mindful throughout the day.

Relax

Do something that relaxes or calms you.. For instance blow some bubbles, this slows everything down and helps you focus on 'now'.

Mindful Walking

Concentrate on the moment. When you walk somewhere, try to think about what your body is doing and how it is feeling. Take a slow step forward and think about what your legs and feet are doing as you press onto the ground. Become really aware of how your body feels, and take it in turns to walk at different paces.



- * Stop
- * Breathe in
- * Breathe out

AT BEDTIME

Close your eyes and think of a beautiful place: you may want to visit a castle and talk to a prince. You may want to sail on the sea and visit a new land. It's your decision where to go. It's your imagination that will take you there.



"What day is it?" asked Pooh.

"It's today," squeaked Piglet.

"My favorite day," said Pooh.

A.A. Milne