

MINDFULNESS HOME LEARNING – suitable for any age, any time, any place ...

We all need to be exercising and keeping active while stuck at home but we also all need to have some ‘mindful’ time to relax. Being mindful is the opposite of rushing around – you are taking your time and focusing in a relaxed way.

These are some simple ways to build some mindful time into your days and are suitable for any age. An adult can give instructions to children and others in the family and join in themselves if they can.

There are some links to good websites and apps below.

MINDFUL BREATHING AND SQUISHING – an adult can read this out to children, slowly and calmly

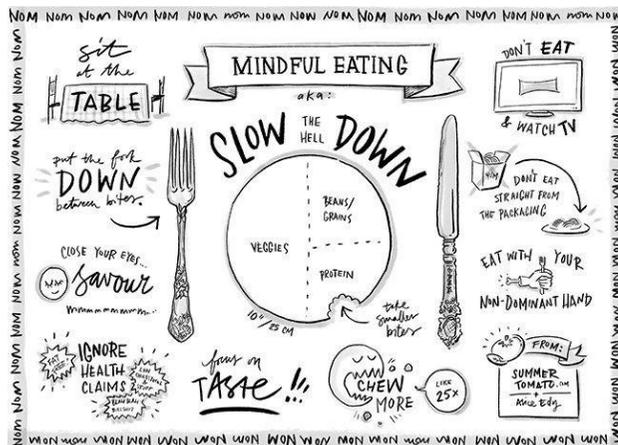
Most of the time we don't think about breathing, we just do it. It is sometimes good to practice breathing in a mindful way. You should get into a comfortable sitting position or lying on the floor with your body relaxed. Let all your muscles relax. Close your eyes and breathe in through your nose and out through your mouth – slowly and steadily. Concentrate on your breathing and think about each breath.

When you feel relaxed, with your eyes closed, squish and squeeze every muscle in your body as tightly as you can, then relax. First squish your toes and feet (like you are making a fist with your toes) and relax. Now tighten each muscle in your legs and relax, suck in your bellies and relax. Squeeze the muscle in your bottom and relax. Squeeze your hands into fists and raise your shoulders up to your heads. Now relax. Hold your whole body in a squished up position for a few seconds, and then fully release and relax. Go back to your breathing and relax your whole body.



MINDFUL WALKING to awaken your senses. When you are outside, learn how to notice everything around you. Keep your distance from others and see if you can wake up all your senses.

- 5 things you can HEAR
- 4 things you can SEE
- 3 things you can (safely) TOUCH
- 2 things you can SMELL
- 1 thing you can TASTE (see mindful eating below)



MINDFUL EATING

When you are eating, think about what you are eating, how the food tastes, how it feels in your mouth. Try this experiment to really think about what you are eating.

Take a raisin or a sweet or chocolate – anything you like to eat. First of all hold that food in your hand, have a good look at it, explore the shape, texture, folds. Hold the food beneath your nose and smell it. Do you notice anything happening in your mouth or stomach? Now slowly bring the raisin to your lips. Gently and slowly place the food in your mouth, without chewing it. Notice how it feels in your mouth. Spend a few moments exploring the food with your tongue. When you are ready prepare to chew the raisin and then slowly bite into it and notice what happens. Notice the sensations of taste and texture in your mouth. When you are ready you can swallow the food. Try to feel the food going down into your stomach.

