

Mindful Wellbeing

Four-Seven-Eight Breathing

Bring awareness to your breathing

Breathe in deeply through your nose for a count of 4
HOLD THAT BREATH for a count of 7

Slowly breathe out for a count of 8

Notice your belly rise and fall with each breath

Relax and drop your shoulders on each breath out

Slowly repeat the breathing cycle up to ten times.

Drop your Anchor:

1. Push your feet into the floor. (This is dropping your anchor)
2. Straighten your back and take a slow, deep breath
3. Look around and notice five things you can see
4. Listen carefully and name five things you can hear
5. Notice where you are and what you are doing

Mini Mindfulness

Find an object you can hold
(such as a pen or a piece of fruit)

Spend 2 minutes focusing on your
5 senses to describe this object

What can you see, hear, smell,
touch and taste?

5,4,3,2,1

Notice and say 5 things you see

Notice and say 4 things you hear

Notice and say 3 things you can touch or feel

Notice and say 2 things you can smell

Notice and say 1 thing you can taste

Categories

Try and name as many
as you can of the following:

Animals

Countries

Colours

Fruits

Vegetables

TV Shows