




<p style="text-align: center;">Spotlight focus</p> <ol style="list-style-type: none"> 1. Focus your eyes and your attention, on one object in the room. You could point to it with your finger as your eyes look there. 2. Now, move your attention, to another object, this time without pointing. If you start thinking about something else, bring your focus back to the object. 3. Let your attention be like a spotlight. Look around and rest your attention on each object you find. Try it out on several items in the room. 	<div style="text-align: center;">  <p>Glitter jar</p> </div> <p>Pour 1/2 cup of distilled water into the jar. Pour 1/2 cup of glitter glue or clear glue into the jar. Add 1–2 teaspoons of extra glitter to the jar. Fill up the remainder of the jar with distilled water. If desired, use a hot glue gun to squeeze a ring of glue around the lid of the jar</p>	<p style="text-align: center;">Waves of breath</p> <p>Try imagining your breath moving like smooth waves rolling in and out at the beach. Keep the picture of the ocean in your mind and watch the waves come in and go out.</p> <p>Match each breath you take with the waves in your mind. As you breathe in, imagine the waves washing in, and as you breathe out, watch them as they move away.</p> <p>Try taking one bigger than usual breath with the next wave coming in. Imagine this wave going further out than the smaller waves before it.</p>
<p style="text-align: center;">STOP</p> <ol style="list-style-type: none"> 1. Stop moving. Be as still as you can for as long as it is safe to do so. 2. Take a breath. Focus on your natural breathing, in and out. 3. Observe. Notice, what’s going on both on the inside and around you. What does your body feel? What do you see? 4. Proceed. Carry on as you were, or change, if you feel you want to. 	<div style="text-align: center;">  <p>Eastertoun Primary School & ELC Nurture /Mindfulness</p> </div>	
<p style="text-align: center;">Mindful walking</p> <p>To walk mindfully, find a clear bit of floor or a quiet pavement and slow right down. Really be aware of each step. Pay attention to how your weight shifts from one foot to the other.</p> <p>With each step, breathe in as you lift your foot and breathe out as you set it down again. Focus your eyes on a spot in front of you to stay steady and help keep your balance.</p>	<p style="text-align: center;">Bubbles of kindness</p> <p>What you need: Pipe cleaners – for wand, a jar or container, water, washing-up liquid, glycerine.</p> <ol style="list-style-type: none"> 1. Twist together two pipe cleaners to make a thicker one. Then make a loop in the middle and twist the two ends to make your wand. 2. Mix together equal parts of water and washing up liquid in the jar, then add a splash of glycerine to make your bubble mix. 3. Dip your wand in the mixture then gently blow a bubble. 	<p style="text-align: center;">Tense and Release Muscle Relaxation</p> <ol style="list-style-type: none"> 1. Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing. 2. Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Work your way up the body, squeeze the thigh muscles for 5 seconds then gently release. 3. Continue moving up the body for more relaxation.