

Feet, seat and hands practice

Sit on a stool or a chair.

Learn how to move your attention to different parts of your body by creating sensations to focus your thoughts on.

1. **First, stamp your feet**, for the time it takes to breathe in and out once. Then pause and notice the sensation of your feet on the floor.
2. **Next, gently lean your upper body** from side to side three times. Then sit still. Can you feel where you are sitting on the chair?
3. **Finally, rub your hands together** for the count of 10. Then stop and place your hands on your lap. Focus on the feelings in your hands. Notice how you moved your attention throughout your body.

Breathing buddy

You will need:

- A paper cup-
- Scissors
- Items to decorate
- Glue or sticky tape
- Coloured pens
- Tissue or crepe paper



1. Ask an adult to cut a hole in the bottom of the cup using scissors.
2. Decorate your cup with eyes, ears a nose, or tail – you can make whatever animal you like.
3. Cut some strips of tissue paper and stick them around the inside edge of the cup with glue or tape.
4. Inhale through your nose and exhale by blowing through the cup slowly.

If you haven't got a paper cup you can use a toilet roll

Mindful Eating

1. Find a small snack. A piece of dried fruit works well. First look at it very carefully. Notice the colour, shape and texture.
2. Let your fingers sense the temperature and feel of the food. Gently squeeze it – is it squishy? Sticky?
3. Hold it up to your ear and roll it between your finger and thumb. Can you hear anything?
4. Next, raise it to your nose. Take time to smell it. Does it smell familiar? Is your mouth watering?
5. With just the tip of your tongue, taste it. Then place it in your mouth, but count to 10 before you chew. What do you notice? What can you taste?



Paper and pencil or pens.

If you have a timer on your phone or an adults then set it for 20 seconds.

- Either look around you for inspiration or draw from your imagination.
- Remember you only have 20 seconds to include as much detail as possible.
- After the timer goes. Look at your masterpiece. Give it a title and post your creations.



Eastertoun Primary School & ELC
Nurture /Mindfulness

Remember to look after yourself.

Take regular breaks and your daily exercise.

