

# A Mindfulness Exercise

Why not ask a friend or adult to read this to you – and then read back to them? You could make this a daily exercise.

Sit in a comfortable position on a chair. Relax your arms and legs. Relax the muscles in your face and shoulders. You can close your eyes if you want to. Now focus on your breath. Take a deep breath in through your nose. Now slowly breathe out through your mouth. Do this several times.

Now bring your attention to your body. How does it feel to be sitting on the chair? Can you feel the chair beneath you? Can you feel your feet on the ground? Imagine that roots are growing out of your feet into the ground, making you feel strongly connected to the earth.

What can you hear – take a moment to listen to the sounds around you? Are there any smells? Do you feel warm or cold? Can you hear or feel your heartbeat? Take a moment to listen to your heart. If other thoughts come into your head, just let them drift away without paying them any attention.

Now think of someone or something you love and hold them in your heart for a moment. Sit quietly for a few more moments then slowly open your eyes and bring your attention back to the room.

