**Mindfulness**



**Try out some of the activities below daily to help you relax.**

**Breathing exercises:**

**Belly Breathing**– Sit or lay comfortably. Place your hands on your belly and take a deep breath in for four counts, blowing up your belly like a balloon. Hold the breath for one count and then slowly exhale for five counts, deflating the balloon in your belly. Continue to do this for a few minutes until you see or feel calm and relaxed.

**Snake Breathing**– When they are coiled and resting, snakes look around calmly, and when they move, they are slow and smooth.
Sit up tall. Take a deep breath in, filling up your whole body. Pause and breathe out slowly and smoothly, making a hissing sound for as loud as you can,.repeat for three to five rounds, feeling yourself slow down and become calmer each time.

**Bear Breathing**– In winter, bears hibernate in caves, sleeping peacefully. Sit up tall, close your eyes. Through your nose, breathe in for a count of five, then hold in for a count of three. Breathe out for a count of five. Then hold out for a count of three. Repeat five to seven times then see how you feel.

**Bunny Breathing**-Bunnies are very alert. Keep yourself awake and alert with this cleansing breath. Sit on your shins with your back straight, shoulders wide and chest lifted. Keeping your chin down, take three big sniffs, one right after the other. Then exhale in a long release, as though you are sighing out through your nostrils. Repeat for five to seven rounds. When you’ve finished, you should feel clear, relaxed and alert.

**Mindful doodling**

This doodling is special and will help you to remember what you've been taught during the day. It relaxes the mind, and allows the learning to make connections in the brain. It will also help if you play relaxing meditation music in the background.

<https://www.youtube.com/watch?v=ZBnPlqQFPKs-> Work through the video