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| **Section: Mindfulness** | | | |
| **Objective:** | | **Mindful stretching and curling** | |
|  | **Character name** | | **Content:** *Format*  (TONE OF ADDRESS)/‘Lines from script’/song/sound clip no. |
| **1.** | FX (sound FX) | | *STANDARD INTRODUCTORY JINGLE NO.xx* |
| **2.** | Host | | The first thing we will do today is calm down our bodies and our minds. One very good way we have of calming down our bodies and our minds is to move our bodies. |
| **3.** | Host | | First we’re going to stand up tall. Some people are taller than others and that is fine. Take a deep breath in through your nose and let it go out through your mouth. |
| **4.** | Host | | Take another breath in through your mouth while I count to five: 1, 2, 3, 4, 5. Hold for a moment and breathe out through your nose while I count to five: 1, 2, 3, 4, 5. |
| **5.** | Host | | And another breath in through your mouth while I count to five: 1, 2, 3, 4, 5. Hold for a moment and breathe out through your nose while I count to five: 1, 2, 3, 4, 5. |
| **6.** | Host | | Now stand up. Some people are very tall. Raise your arms as high as you can to make yourself taller. Imagine you are trying to touch the ceiling. |
| **7.** | Host | | Stay stretched out, standing tall, with your arms lifted. Keep breathing in for 1, 2, 3, 4, 5 (pause) and out for 1, 2, 3, 4, 5. |
| **8.** | Host | | Feel your muscles stretching and twitching. Keep breathing in for 1, 2, 3, 4, 5 (pause) and out for 1, 2, 3, 4, 5. |
| **9.** | Host | | And in again for 1, 2, 3, 4, 5 and out for 1, 2, 3, 4, 5. |
| **10.** | Host | | If it’s not comfortable to keep your arms above your head, you can bring them back beside your sides. Keep breathing in for 1, 2, 3, 4, 5 (pause) and out for 1, 2, 3, 4, 5. |
| **11.** | Host | | And in again for 1, 2, 3, 4, 5 and out for 1, 2, 3, 4, 5. |
| **12.** | Host | | Some people are smaller than others, that is fine. Let’s make ourselves small. Squat down and curl up into a ball making yourself as small as you can. |
| **13.** | Host | | Keep breathing in for 1, 2, 3, 4, 5 (pause) and out for 1, 2, 3, 4, 5. |
| **14.** | Host | | And in again for 1, 2, 3, 4, 5 and out for 1, 2, 3, 4, 5. |
| **15.** | Host | | Stay curled up in a ball as small as you can, breathing deeply in for 1, 2, 3, 4, 5 (pause) and out for 1, 2, 3, 4, 5. |
| **16.** | Host | | Think about the feeling of your arms touching your legs, your head curled up into yourself. Breathe in for 1, 2, 3, 4, 5 (pause) and out for 1, 2, 3, 4, 5. |
| **17.** | Host | | And again, in for 1, 2, 3, 4, 5 (pause) and out for 1, 2, 3, 4, 5. |
| **18.** | Host | | How do you feel after this activity? Do you feel calm? |
| **19.** | Host | | Now that we have made our bodies and our minds calm, we are ready to start our activity. |