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| **Section: Mindfulness** | | | |
| **Objective:** | | **Contract and Release – Heat** | |
|  | **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 tense and scrunch up each part of our body before letting it go and relaxing. |
| **3.** | Host | | Now we are going to find a comfortable place to sit or stand. Put one hand on your belly and the other on your heart. Sit up straight. But make sure you’re comfortable and relaxed. If you want, you can close your eyes. |
| **4.** | Host | | Take a deep breath in through your nose (pause) and let it out through your mouth. Again, breathe in through your nose for 1, 2, 3, 4, 5 (pause) and let it out through your mouth for 1, 2, 3, 4, 5. |
| **5.** | Host | | Grow your back longer and taller, reaching your head to the sky. Breathe in deeply. Exhale slowly and let yourself relax. |
| **6.** | Host | | Squeeze up your toes, and hold for a few seconds (pause). Release them, feeling heat come out of your toes. |
| **7.** | Host | | Squeeze the muscles in your legs and knees, and hold for a few seconds. Now let them fully relax and feel the heat coming out of your legs. |
| **8.** | Host | | Squeeze up your bottom and hold. Then let the heat warm up your chair as your relax. |
| **9.** | Host | | Pull your tummy muscles in, and hold while you breathe in deeply through your nose. Breathe out through your mouth while you release your tummy muscles and feel the warmth radiate out. |
| **10.** | Host | | Feel your chest tighten up, and then relax, releasing heat. |
| **11.** | Host | | Shrug your shoulders up to your ears and hold them there for a moment. Then relax them down your back, feeling the heat come out. |
| **12.** | Host | | Contract your arms, then relax them and let the heat come out of your fingertips. |
| **13.** | Host | | Feel the heat come up your neck and wrap around your head. Feel your whole body warm and relaxed. |
| **14.** | Host | | Sit silently for a moment, noticing how relaxed you feel. |
| **15.** | Host | | Wriggle your fingers and toes. Make circles with your wrists. Stretch your arms up to the sky and shake them out. If your eyes are closed, gently open them. |