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| **Section: Mindfulness** | | | |
| **Objective:** | | *Colour breathing/ seeing colours* | |
|  | **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 called ‘colour breathing.” This is a technique that both adults and children use to get our bodies calm and focused. |
| **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 | | Are you ready? Are you in a comfortable position with your hands on your belly and chest? Good. |
| **5.** | Host | | Now we are all going to imagine our favourite colour. What is your favourite colour? Blue? Red? Green? Think of that colour, imagine it in your eyes. Are you thinking of your colour? |
| **6.** | Host | | Let’s take a deep breath in. As you breathe in and your belly rises, imagine that the air you are breathing is your favourite colour. Can you imagine the colour going up your nose and into your lungs? |
| **7.** | Host | | And now let’s breathe out and feel our bellies get small again, nice and slowly. Can you feel your belly get lower under your hand? |
| **8.** | Host | | Now breathe in again, imagining your favourite colour going in your nose and into your lungs. Can you close your eyes and see that colour filling up your chest? |
| **9.** | Host | | Hold for a moment as your colour fills your body, now breathe out slowly. |
| **10.** | Host | | Now breathe in again and imagine your colour going through your nose, into your lungs, filling up your chest. Can you feel your colour spreading from your chest into your whole body? Imagine your colour moving down into your legs and into your toes… down into your arms and fingers… up your neck and into your ears and behind your eyes. Can you feel your colour throughout your entire body? |
| **11.** | Host | | Hold for a moment, now breathe out slowly. |
| **12.** | Host | | Now breathe in again and let your colour fill you entire body. Focus on the feeling of your colour spreading everywhere in your body… one, two, three, four, five, six, seven, eight, nine, ten |
| **13.** | Host | | Hold for a moment, now breathe out slowly. As you exhale, say the name of your colour and let it go from your body. |
| **14.** | Host | | How do you feel after this activity? Do you feel calm? |
| **15.** | Host | | You can use colour breathing in your life to help calm down any time you feel uncomfortable feelings like upset or angry. |
| **16.** | Host | | Now that we have made our bodies and our minds calm, we are ready to start our activity. |