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| **Section: Mindfulness** | | | |
| **Objective:** | | *Thought Clouds* | |
|  | **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 focus on our breathing. |
| **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 | | Take a few moments to notice your breath and any sensations happening in your body. Notice how your body feels where it touches the chair or floor. |
| **6.** | Host | | 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. |
| **7.** | Host | | Have you ever laid on the grass and watched clouds go by?  This is what we’re going to try now, but we’re going to watch thoughts go by today, instead of clouds. |
| **8.** | Host | | Take some time here to let thoughts come into your mind. Is there anything that you’re excited about? Worried about? Happy about? Unsure about? Let a thought float around in your head like a cloud, just letting it be there. |
| **9.** | Host | | 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. |
| **10.** | Host | | As you watch these thoughts, as if they’re clouds, you might like to imagine that you are lying outside on grass, on a sunny day, watching these clouds. It might help you to notice the different shapes and colours of these clouds. |
| **11.** | Host | | As you watch these thoughts, realise that they’re just thoughts. Just like clouds in the sky, they come in different shapes, sizes and colours, but they all pass by. As you watch, notice how they pass by. |
| **12.** | 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. |
| **13.** | Host | | If you notice that your mind has wandered, and feel that you’re inside of the cloud rather than watching it, congratulate yourself for realising this. This is brilliant for strengthening your attention muscles! |
| **14.** | Host | | Now go back to watching your thoughts from a distance, remembering that you are not your thoughts. They are just thoughts that float through your sky. |
| **15.** | 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. |
| **16.** | Host | | After a few moments, return your attention to your breathe and notice the sensations in your body. Now gently open your eyes and bring your attention back to the room, stretching if you wish. |