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| **Section: Mindfulness** | | | |
| **Objective:** | | **Mindful breathing with flower and candle** | |
|  | **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 can do this is to use our imaginations to relax. |
| **3.** | Host | | Sit comfortably and gently close your eyes. Begin to take a deep breath in through your nose and let it out through your mouth. |
| **4.** | Host | | In through your nose for 1, 2, 3, 4, 5 (pause) and out through your mouth for 1, 2, 3, 4, 5. |
| **5.** | Host | | Imagine you’re in a beautiful garden surrounded by colourful flowers. The sun is shining and you can feel the warmth on your skin. |
| **6.** | Host | | Keep breathing deeply, in through your nose for 1, 2, 3, 4, 5 (pause) and out through your mouth for 1, 2, 3, 4, 5. |
| **7.** | Host | | Imagine a beautiful flower on front of you. Think about what it looks like. Is it big or small? What colour is it? what does it smell like? |
| **8.** | Host | | Keep breathing deeply, in through your nose for 1, 2, 3, 4, 5 (pause) and out through your mouth for 1, 2, 3, 4, 5. |
| **9.** | Host | | Imagine picking the flower and holding it in your right hand. Breathe in, imagining you are smelling the flower, for 1, 2, 3, 4, 5. |
| **10.** | Host | | Now, imagine there is a table beside you in the garden with a candle on it. imagine the flame of the candle flickering gently in the breeze. |
| **11.** | Host | | Breathe in deeply through your nose for 1, 2, 3, 4, 5 and out through your mouth, imagining you are blowing out the candle, for 1, 2, 3, 4, 5. |
| **12.** | Host | | Think back to the beautiful flower and imagine smelling it. Breathe in deeply for 1, 2, 3, 4, 5 and out, imagining you are blowing out the candle, for 1, 2, 3, 4, 5. |
| **13.** | Host | | And again, smell the flower for 1, 2, 3, 4, 5 and blow out the candle, for 1, 2, 3, 4, 5. |
| **14.** | Host | | And again, smelling the flower for 1, 2, 3, 4, 5 and blowing out the candle for 1, 2, 3, 4, 5. |
| **15.** | Host | | Can you try smelling the flower and blowing out the candle on your own for a few breaths? I’m going to give you some time to practice. Use your imagination to smell the beautiful flower and blow out the flame of the candle. (pause for 30 – 60 seconds lengthening for developmental level) |
| **16.** | Host | | Now that we have made our bodies and our minds calm, we are ready to start our activity. You can use your imagination at any time to help you focus on your breathing. Focussing on our breathing helps us to feel calm and relaxed. |