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| **Section: Mindfulness** | | | |
| **Objective:** | | *Focus on the light* | |
|  | **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 use our imagination. Today, we’re going to imagine a beautiful, bright light to help us feel calm and relaxed. |
| **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 through your nose, feeling your breath relax your body, and out through your mouth. |
| **6.** | Host | | 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. |
| **7.** | Host | | Imagine that you see a light in front of your eyes. Bring that light up to your forehead. Allow the light into your head, filling your entire head with bright, warm light. Where this bright light exists, there cannot be darkness. There is only room for happy thoughts. |
| **8.** | 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. |
| **9.** | Host | | Feel as the light pushes out any bad thoughts. Only good thoughts are left in your mind. Keep breathing deeply. In through your nose and out through your mouth. |
| **10.** | Host | | See the light moving down to your ears, so you can only hear good things. See the light moving into your jaw and mouth. Let yourself only speak good words. Let the light travel down your neck and shoulders to your heart. Let your heart be filled with the light, so you can only feel good feelings. |
| **11.** | Host | | Breathing in through your nose for 1, 2, 3, 4, 5 (pause) and out through your mouth for 1, 2, 3, 4, 5. |
| **12.** | Host | | Feel as the light is shining out from your heart and you are showering everyone and everything around you with love and good feelings. Feel your whole body filled with light, so you are glowing in good thoughts and feelings. Think, “The light is in me, I am the light. I shine light on everyone and everything around me.” |
| **13.** | Host | | Keep breathing deeply, in through your nose and out through your mouth. |
| **14.** | Host | | When you’re ready, you can now begin to bring yourself back to the present. Focus on breathing in and out slowly. Wiggle your fingers and toes. As you are ready, open your eyes if you closed them. |