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| **Section: Mindfulness** | | | |
| **Objective:** | | *Learners will be able to use belly breathing to calm down and focus* | |
|  | **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 ‘belly 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 | | Let’s breathe in slowly and feel our bellies fill up with air. Our bellies should get nice and round, very slowly. Can you feel your belly rise under your hand as you breathe? |
| **6.** | 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 as you breathe out? |
| **7.** | Host | | Now breathe in again while I count to five 1, 2, 3, 4, 5 |
| **8.** | Host | | Hold for a moment, now breathe out as I count to five 1, 2, 3, 4, 5 |
| **9.** | Host | | Now breathe in again, and this time count to five silently in your mind 1, 2, 3, 4, 5 |
| **10.** | Host | | Hold for a moment, now breathe out while you silently count to five 1, 2, 3, 4, 5 |
| **11.** | Host | | Now breathe in again 1, 2, 3, 4, 5 |
| **12.** | Host | | Hold for a moment, now breathe out 1, 2, 3, 4, 5 |
| **13.** | Host | | How do you feel after this activity? Do you feel calm? |
| **14.** | Host | | You can use belly breathing in your life to help calm down any time you feel uncomfortable feelings like upset or angry. |
| **15.** | Host | | Now that we have made our bodies and our minds calm, we are ready to start our activity. |