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| **Section: Mindfulness** | | | |
| **Objective:** | | *Simple Breathing* | |
|  | **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 | | Notice how the air feels as it comes in through your nose and moves all the way into your tummy. Feel your tummy get bigger as you breathe in deeply. Feel your tummy get smaller as you breathe out. |
| **6.** | Host | | Take a few more deep breaths and feel your tummy move slowly up and down. Doesn’t this feel relaxing and quiet. Every time we take a moment to breathe deeply we relax the whole body and this keeps us feeling calm and at peace. |
| **7.** | Host | | Now take a moment to listen carefully to all the sounds you can hear around you. You may hear a clock, a car driving by or the birds outside (Pause and give children a moment to listen) |
| **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 | | Now I want you to try and listen to your body. Can you hear your heart beating or maybe your tummy is making a sound? (Pause here ). Our bodies are alive and our breath makes sure it stays alive. |
| **10.** | 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. |
| **11.** | Host | | Every time we breathe we make our body and mind happy. Do you feel happy? |
| **12.** | Host | | When you are ready you can slowly open your eyes. |