

Mindful Me: Breathing and Bubbles

Ask the children to either sit comfortably or lie down if space permits. Ask the children to close their eyes and focus on their breathing in and out through their nose. Ask them to slow their breathing down a little and focus on their breath throughout the session.

In this session, we are going to use our imaginations to help our minds relax and help any thoughts that enter our minds simply float away.

We are going to let our busy minds slow down and we will concentrate on our bodies in the here-and-now.

These thoughts may be about what you are having for tea tonight or about meeting up with friends this weekend. Your thoughts could be concerned about an argument you have had or something you have lost.

Our activity today will help these thoughts drift away and concentrate on the present moment.

We are going to keep on breathing and focus on our breath flowing in and out, imagining our breath filling our whole bodies with fresh energy from our heads right down to our toes.

As we do this, it's natural for our minds to wander. We are going to imagine these thoughts and images are inside a bubble. The bubble will then float from our heads and away into the sky...they might even pop! Every time a thought comes into your head, let it float away in a bubble and then come back to concentrating on your breath flowing in and out.

If you find yourself needing to clear your mind, you can use this activity to dissolve any thoughts or feelings whirling around, you can use this activity to help relax and unwind.

You may wish to do this as part of your daily routine to simply connect with your breath, body and mind. Please remind the children they need to be in a safe and comfortable place and position if they wish to carry this out activity alone.