WONDERFUL ON TAP



MINDFULNESS MEDITATION

Here is simple but very effective mindfulness meditation exercise suitable for both adults and children. Try it individually, as a class or as a family. You'll need one person to lead.

Aim to do it for 5 minutes initially, building up to 10 or even 20 minutes as you get better at doing it!

1 minute

Find yourself a comfortable seated position; back straight, both feet on the ground.

1 minute

Begin by placing your hands in your lap. Close your eyes and begin to notice your breathing.

1 minute

Next place one hand on your belly and one hand on your chest.

Ask participants to think about what do they notice? When breathing in is it just their belly that expands? Can they take deeper breathes?

Return your hands to your lap.

2 minutes

Finally we're going to try 'box breathing'. Simply choose a count of 3, 4 or any number you are comfortable with:

Breathe in for a count of 3

Hold for a count of 3

breathe out for a count of 3

Pause for a count of 3

Repeat