



# ACTIVE ANITA'S MINDFULNESS ACTIVITY

*Week 1*

Find a comfortable spot on to lie down on your back with your eyes closed (on the floor, sofa or out in the sunshine is perfect). Start to take some nice slow deep breaths in through your nose and out through your mouth. Spend about a minute doing this as slowly as you can, feel your tummy go up and down as you breath. Try and make your tummy go up and down as slowly as you can. Next take your buddy and place them on your tummy it's time to go on your adventure ... Your buddy is in a boat on the ocean the ocean is your tummy, try and make the ocean as calm as you can for your buddy. Your adventure can take you any where you want to go it's your choice? Desert island? Favourite place to go on holiday?

Theme park? Take 5 minutes to tell an imaginative story to yourself or get someone to tell you one. Think about all of the sights, sounds smells of the place you have gone. The people you meet there the fun activities you do? This is your chance to escape the world for 5 - 10 minutes and go wherever you like! When you feel it is time to leave your adventure climb back into your boat say goodbye to all your new friends make sure the ocean (your tummy) is nice and calm for the journey back by making your breaths nice and slow. Travel back slowly across the ocean, to our country, to our town, to our street, to our house and back to the space we are lying in. When you are ready slowly open your eyes and sit up!

How was your adventure??

You can do this when ever you feel anxious or worried or at night in bed when you can't get to sleep. It is useful for any age group, even mums and dads can try this!!

Mums and dads! Don't worry if you don't have a favourite toy anymore you can simply place your hands on your tummy to feel your breathing. why not share your adventures with your family members and go on an adventure with them!



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