



Mindful balancing

Standing up, with your feet parallel. Rocking backwards, forwards and side to side - moving your body's weight around the soles of your feet.

Slowly reducing the swaying to a standstill, where you feel balanced and strong like a mountain, head and shoulders soft like the clouds.

Moving all of your weight into one foot and gently lifting the other foot off the floor like a flamingo - how does it feel? Can you lift it higher?

Place your foot back on the floor and repeat on the other side.

Sharing

- How does your body feel right now?
- What did you notice?
- Do you notice any difference from one side to the other?
- How did it feel if/ when you lost your balance?
- What did you do if/when you lost your balance?



Like a tree

Standing up, gently closing your eyes. Imagine a forest... - pick a tree that you like the look of the most. Imagine you are this tree.

Just like a tree grows roots, imagine you can grow roots through the floor and push them down into the ground below. Now you can let go of anything you don't need/want (like stress, worry...). Letting it go through the roots.

You can now pull up anything you need, that makes you feel good like love, strength, confidence, happiness... You can bring these good feelings up through your roots and into your back (spine), imagine your back growing tall and strong like a tree trunk, reaching for the sky.

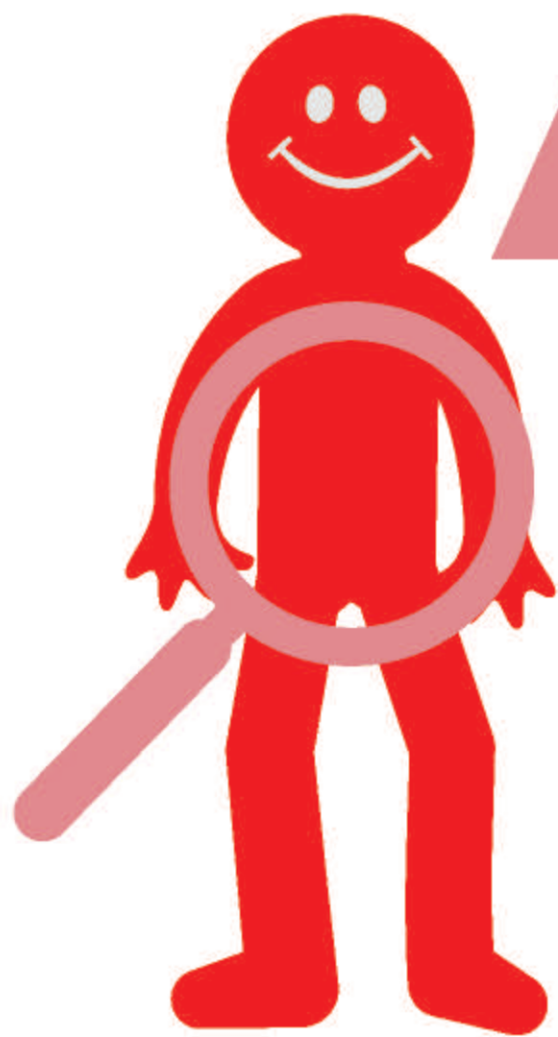
Let the good feeling you have chosen to spread into your heart, into your arms and out of your hands, up through your neck and out of the top of your head. You can fill any place in your body that feels like it needs a bit of extra care.

Now filled up with good feeling, gently lift your arms up and open them to the sky. Can you feel the warmth of the sun shining down on your leaves and branches? Breathe in, bringing in the warmth of the sun and let it fill your hands and arms, head and neck, pour into your heart and your tummy. Take it in, feed on it just like a tree.

Gently bring your hands to your tummy with a long out breath and open your eyes.

Sharing

- What did you notice in your body, in your mind...?
- How do you feel now?



Still mountain

Standing up with feet parallel.

Rocking backwards, forwards and side to side - moving your body's weight around the soles of your feet.

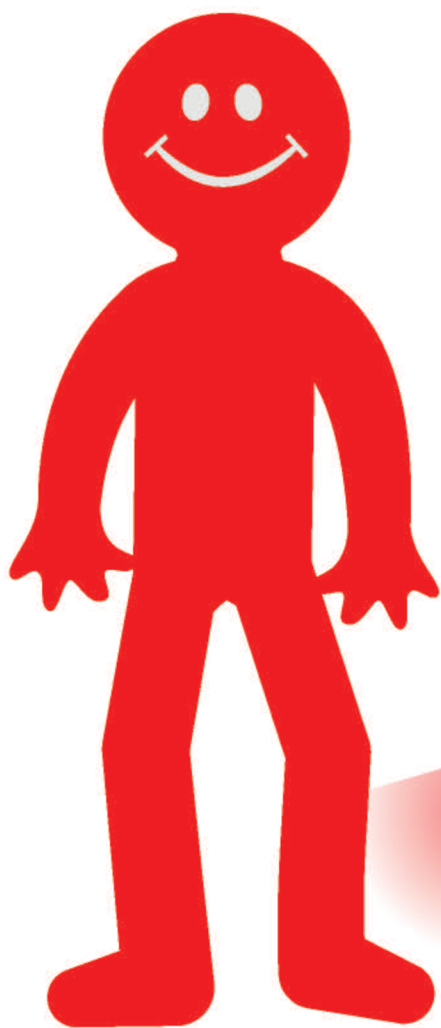
Slowly reducing the swaying to a standstill - how do your feet feel now? Can you feel the ground underneath your feet?

Letting your body grow tall, reaching for the sky with your head - tall and strong like a mountain, shoulders relaxed and soft like the clouds.

Standing like a mountain for a few moments, gently closing your eyes if you can, noticing how it feels right in your body.

Sharing

- What did you notice?
- How does your body feel right now (sensations, feelings...)?



Body scan

Put your hands on your head and saying to yourself, "I feel my head". What does it feel like inside? Can you feel your head without touching it?

Touch your feet with your hands and saying to yourself, "I feel my feet." What do your feet feel like without using your hands to touch them?

(Repeat the above for the knees and legs.)

Touch your tummy with your hands - notice if it is moving with your breath? Can you feel your breath moving your tummy without touching it with your hands? What does it feel like?

Touch your shoulders with your hands, saying to yourself "I feel my shoulders." Can you feel your shoulders without touching them? What do they feel like?

(Repeat the above for the arms, hands, fingertips, neck and lips.)

Sharing

- Which part of your body was it easiest to feel without using your hands? (Where did you notice the most sensation?)
- What feelings did you notice?
- Can you name three different feelings?



Mindful walking

Standing up, with your feet parallel. Rocking backwards, forwards and side to side - moving your body's weight around the soles of your feet.

Slowly reducing the swaying to a standstill, where you feel balanced and strong like a mountain, head and shoulders soft like the clouds.

To start walking - put your heel down, slowly stretch the bottom of your foot as you bring the outside edge to the floor, then roll weight across the foot until the pad under the big toe and the big toe come down. Leaning forward to move the weight into that foot and pick the other foot up and start again (repeat x3).

Stand like a mountain and taking a deep breath to end the walk.

Sharing

- What do your feet feel like now? Do they feel different at all?
- What about the rest of your body? How does it feel in your legs?

(Ask the same question for hips, arms, back, chest, shoulders...)

- Did your mind wander?
- How different did it feel from walking normally?
- Was it easy / difficult to walk in silence?

If your mind begins to wander, bring it back to your feet and your body and how it feels after walking.



Dry shower

Standing up, with your feet parallel. Rocking backwards, forwards and side to side - moving your body's weight around the soles of your feet.

Slowly reducing the swaying to a standstill, where you feel balanced and strong like a mountain, head and shoulders soft like the clouds. What does your body feel like? What do your feet feel like?

Lifting one arm a little way and using fingertips gently 'tap' (dry wash), starting on the top your hand, all the way up your arm to the shoulder and tap back down the underneath side. Do this three times. Repeat on the other arm.

Repeat the same process for the:

- front of your body
- back of your body
- legs front and back
- face, the top of the head and the back of the head

Sharing

- How is your body feeling, what do you notice?
- Does anything feel different?
- What did you notice?

Dry shower can be quite energetic and help to make room for new "stuff".



Squeeze squeeze squeeze

Making fists with your hands and squeeze, squeeze, squeeze them tightly, then ... letting go, let them be loose.

Stretch, stretch, stretch your arms up over your head and letting them float back to your sides.

Lifting your shoulders up to your ears to hide, hide, hide and then letting them drop.

Big, open mouth to take a big bite, another bite and one last bite. Now scrunch, scrunch, scrunch up your face.

Squeeze, squeeze, squeeze your stomach and letting it go soft.

Can you squeeze your legs to make your knee caps wiggle - hold the squeeze, pointing your toes and squeeze, squeeze, squeeze ... now letting your legs rest - phew!

Curling your toes and squeeze, squeeze, squeeze ... and letting go.

Sharing

- What did you notice?
- Now how does it feel in your body (sensations, feelings...)?
- How does it feel in your mind?



