

MINDFULNESS ... IN YOUR DAY ...



WARRIOR



SUPERMAN



WONDER WOMAN

1 Strike a pose to help you feel strong, brave and happy. Hold each pose for three deep breathes.

2 Stand still and name **three things** you can...



FEEL



SEE



SMELL



HEAR

3 Belly breathing

Put one hand on your heart and one hand on your belly button.

As you breathe **in**, feel your heart hand raise to the sky, followed by your belly hand expanding out in front.

As you breathe **out**, feel your belly hand come close to you, followed by your heart hand moving back down.

4 Muscle squeeze

Lay or sit on the ground and close your eyes. Starting at your toes, squeeze all your muscles in your foot, then relax them. Then squeeze all the muscles in your legs, then relax them.

Next, squeeze all the muscles in your belly and chest, and then relax them. Squeeze all the muscles in both of your arms, then relax them. And lastly, squeeze all the muscles in your face, including your nose, then relax. Stay there for three more breaths feeling all your muscles relaxed and calm.