

Butterfly Body Scan

- ☆ Guide pupils through the following mindfulness practice, using the script below.
- ☆ Instruct pupils to start in **Lying-down Mountain** posture. If space does not allow for lying down start in **Sitting Mountain** posture.

Close your eyes and imagine you are lying down on lovely green grass, maybe in a garden or a park, on a nice sunny day... You see a beautiful butterfly. Picture in your head what colour it is - Blue? White? Red? Orange? Maybe it's your favourite colour or a mixture of colours. Take a moment to really notice the butterfly... *(pause)*

This is a friendly butterfly and it is fluttering around peacefully, gently landing on flowers here and there...

Now the butterfly is landing softly on your forehead... you can barely feel it there... It rests there for a moment and you feel your forehead relaxing... *(pause)*

Breathe in now, as the butterfly moves onto your right shoulder and flutters down your arm, relaxing your shoulder and arm as it lands, so softly and gently... Then it flies onto the other shoulder and arm ...relaxing your whole arm as it moves. Feel how both arms are relaxed now... *(pause)*

The butterfly flutters over to your tummy... As it lands you feel your tummy softening and relaxing... Breathe slowly and gently, careful not to frighten it away... *(pause)*

Now, the butterfly moves to your right leg... Feel your whole leg relaxing as it pauses there for a moment, nice and still... and it flits over to the other leg now.... Feel both of your legs relaxing from the butterfly's touch... *(pause)*

The butterfly is fluttering down to your right foot... As it lands on the tip of your big toe you feel the whole foot starting to soften and relax... After a moment, it flutters over to your other big toe... Now that whole foot begins to feel warm and soft as it relaxes... Feel your whole body relax; head... shoulders... arms... hands... tummy... legs... feet... *(pause)*

After a few moments the butterfly lifts off and it is gone... disappearing off into flowers and trees...

Breathing in, begin listening to the sounds in the classroom... Breathing out, feel the floor under you... *(pause)*

Breathing in, open your eyes and gently wiggle your fingers and toes... and when you're ready, roll over slowly onto your right side and come up to Sitting Mountain... pause here, take a few deep breaths and smile...