

Teddy Tap

- ☆ Teacher guides pupils through the following mindfulness practice, using the script below.
- ☆ Pupils begin by lying on their backs on the floor (**Lying-down Mountain** posture). If space does not allow for lying down start in **Sitting Mountain** posture.

Equipment:

A teddy for each pupil (alternatively, use a picture of a teddy.*

*available in accompanying online resources

Put Teddy on your tummy, lying down like you, with belly facing the sky.

Take a moment to listen to the music and the sounds around us... breathing in... and out... When we tap the different parts of our bodies, we wake them up, like we have magic dust on our fingertips. Let's use that magic now on Teddy.

Let's start by tapping Teddy's feet gently with our fingertips, a few little taps... waking his feet up.... Now wiggle your own toes gently... feel your toes waking up. Just hold Teddy now and feel him moving up and down on your tummy as you breathe... Now, gently tap Teddy's legs a few times... His legs feel awake and so do yours... feel your legs waking up... (*little pause*) And back now to holding Teddy, with your arms around him... As you breathe, feel him moving on your tummy, up... and down...

Next, tap Teddy's tummy, just little tiny taps... feel that tapping going through to your own tummy... feel your tummy waking up... listen for any sounds coming from your tummy.. (*little pause*)

And back now to holding Teddy; feel him moving up and down on your tummy as you breathe... This time tap Teddy gently up and down his arms... he loves this... and now your own hands and arms are beginning to feel nice and tingly and awake... A little rest now... holding Teddy again and feeling him moving up and down as you breathe... (*little pause*)

Be extra gentle for this one; tap Teddy gently on the top of his head and now tap your own head gently a few times... Back to Teddy, very gently tap his forehead... now tap your own forehead gently

Back to Teddy, very gently tap his cheeks... now tap your own cheeks gently...

And back again to Teddy, very gently tap his chin... now tap your own chin gently... Now just hold Teddy and feel him moving up and down on your tummy as you breathe... (*little pause*)

Time to put Teddy down on the floor beside us... roll over on to your right side (*point to the correct side*). Slowly come back up to Sitting Mountain on the floor and cross your legs. Pause, breathe normally and smile.