



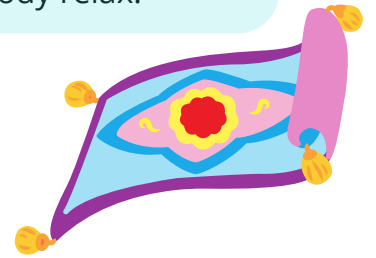
Magic Carpet Mindfulness

The idea of a magic carpet (a mythical carpet that can fly people through the air) comes from Middle Eastern folk tales as far back as the 10th century.

Sometimes when we are angry, stressed or feeling a lot of emotions our muscles 'tense up' without us noticing. For example, your hands might make fists, you might clench your jaw or your shoulders might be pushed up.

In this body scan, we will tense up (squeeze) then relax the muscles in different parts of our bodies from head to toe to help the whole body relax.

**Find a beach towel or mat to use as your magic carpet.
Lay it out on the floor and lie down on it.**



Instructions:

- Lie down on your back, facing the sky, with your arms flat beside you. Keep your arms and legs on the floor for the whole body scan.
- Close your eyes and take a few nice deep breaths.
- Make a funny face by using all the muscles in your face (pretend you are trying to make your face as small as possible or squeeze your eyes, nose and mouth together). Keep your face like this for about 5 seconds then take a deep breath out and release, relax your face muscles.
- Now move your attention to your shoulders. Squeeze the muscles in your shoulder by pushing your shoulders up towards your ears for 5 seconds, then take a deep breath out and release.
- Continue to squeeze and release your muscles like this for each part of the body making your way down the body (arms, hands, tummy, bum, legs, then feet). Hold for 5 seconds each time and breathe out as you release the squeeze.
- Now take a few deep breaths and notice how your body feels. Do you feel relaxed?

This is a great technique to use if you are feeling stressed, or in bed if you can't sleep.

If you could fly anywhere in the world on your magic carpet, where would you go and why?

Who would you bring with you on the journey?

