

Finger Surf

- ☆ Teacher guides pupils through the following mindfulness practice, using the script below.
- ☆ Pupils begin in **Sitting Mountain** posture.



Holding up the left hand with palm facing you, spread your fingers out like a starfish. Look at the middle of your starfish hand. Listen to your breathing, coming in... and going out... all by itself

Shhh... (*whispering*) When you are still and quiet, you can hear your body breathing (*pause to allow pupils to focus on breathing*).

Put Peter Pointer (*index finger*) from your other hand beside the thumb of your starfish hand (*demonstrate placing pointed index finger at the edge of the wrist under the thumb*).

Breathing in, Peter Pointer moves up the side of the thumb to the very top, nice and slowly, just like a feather. Barely touching the skin... like a gentle tickle...

When Peter Pointer is at the top of the thumb, we breathe out while he goes down the other side of the thumb, nice and slowly...gently like a feather...

Now let's keep him going, taking a breath in as he moves slowly and gently up the edge of the finger... then breathing out as he moves down the other edge, barely touching the skin...

- ☆ Continue across all fingers, breathing in when moving the index finger up and breathing out when moving it down.
- ☆ At the end of the pinky finger, reverse the direction and continue moving in the same way, all the way back to the thumb.
- ☆ Repeat on the other hand.
- ☆ To finish, allow hands rest on the lap. Pause, breathe normally and smile.

