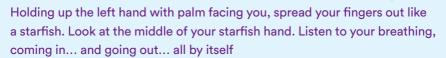
## Mindfulness

## Finger Surf

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



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.
- $\ \ \, \Box$  Repeat on the other hand.
- To finish, allow hands rest on the lap. Pause, breathe normally and smile.

