

Precious Pearl

- ☆ Before beginning this practice, teacher explains what a clam is and uses hands to demonstrate the action of a clam shell opening and closing, keeping the edge of the palms and little fingers together.
- ☆ Teacher guides pupils through the following mindfulness practice using the script below.
- ☆ Pupils start in **Sitting Mountain** posture.

Bring both of your hands out in front of your body. Bend the elbows, arms close by the sides, finger and thumb tips together, like a clam that's closed.

Now soften your eyes, listen to your body breathing... not trying to change it in any way... just letting it be as it is right now... *(pause)*

Breathing in we press the fingers and thumbs together gently...

Breathing out, the hands open up; just like clams opening to show their precious pearls.

Breathing in, close your clam again to protect the precious pearls.

Keep going... opening and closing your clam in time with our breathing, nice and slowly.

Breathing in as the clam closes... and breathing out as it opens...
(repeat 2-3 times)

In a moment*, we'll finish with open clams...
(take another couple of breaths)

Slowly now letting our hands rest back on your lap.

Coming back to Sitting Mountain... Pause, breathe normally and smile.



*If using a bell or chime, say “*When the bell rings*” here and gently ring the bell after another couple of breaths.