

## Easy-Peasy-Squeezy

- ☆ Teacher guides pupils through the following mindfulness practice, using the script below.
- ☆ Pupils start in **Lying-down Mountain** posture. If space does not allow for lying down start in **Sitting Mountain** posture.

Take a nice long deep breath in through your nose... As you breathe out, feel your head, back, legs, feet and arms touching the floor... Take a couple of nice steady breaths, in... and out... *(pause)*

Now squeeze your hands into fists. Pretend that you are squeezing a spongy ball in each hand... gripping tighter... squeeze even tighter... feel the tightness in your hands and up through your arms.

Now let go of the balls and relax the hands and arms... See how nice it feels when they relax.

Breathing in, stretch your arms up over your head like Superman, way back as far as they will go... Feel the squeeze and the gentle pull on your shoulders and arms.

Now let go of the squeeze and relax.... the arms are loose, like strings hanging down at your sides. *(pause)*

Now pretend to be a turtle pulling your head down into your shell. Breathing in, push your shoulders up to your ears... Squeeze tight... hold... and breathing out, let go of the squeeze... Your head comes back out and your neck gets long again. Allow the shoulders to fall back and down, nice and relaxed. *(pause)*

Pretend you just got a really nice, big surprise... stretch your mouth open wide... and open your eyes as wide as you can... hold it there... show that big surprise on your face... breathe out and relax your mouth... your jaw... your eyes... Smile as you think of that nice surprise... *(pause)*

Now pretend you're on the monkey bars in the playground... squeeze your tummy tight as you picture yourself grabbing each bar and swinging... Keep the tummy muscles tight until you reach the last bar... Breathe out and relax the tummy now. See how light you feel when you are relaxed... *(pause)*

Breathe in and squeeze your feet, curling your toes... Feel the squeeze spreading up your legs and around your bottom... Hold that squeeze... and now breathe out and relax. Feel your bottom, legs and feet relaxing... *(pause)*

Now, wiggle your toes and your fingers.... Breathe in and taking one big body stretch... reach your toes down as far as they'll go and your fingertips up as high as they'll go... like Superman, feeling strong and powerful. *(pause)* Breathe out... relax and smile...