



Mindfulness
Wednesday

Balloon Arms

1. When you fill a balloon with air it gets bigger, and when you let the air out of the balloon, it gets smaller.
2. I'm going to move my hands up like a balloon filling with air and getting larger, then down like a balloon deflating and getting smaller
3. Now sync your movements with mine. Pay close attention to the feeling in your arms, upper back, and neck as you move.
4. Great! Let's try it a few more times.

Rock-a-bye

1. Lie on your back with your legs flat on the floor and arms by your sides. If you like, you can close your eyes. Feel the back of your head touching the floor. Feel your shoulders, upper back, arms, hands, lower back, legs, and feet touching the floor.
2. Now place a pillow or stuffed animal on your stomach. When you breathe in, the animal/pillow gently moves up; and when you breathe out, the animal/pillow gently moves back down.
3. Notice what it feels like to breathe in and out, moving the animal/pillow up and down.

Rock-a-bye

4. If it's hard to keep your mind on your breathing, silently say the word UP every time the animal/pillow moves up and silently say the word DOWN every time the animal/pillow moves down.
5. Feel the back of your head touching the floor. Now feel your shoulders, upper back, arms, hands, lower back, legs, and feet touching the floor.
6. When you're ready, open your eyes and sit up slowly. Take a breath and notice how you feel.