

# Mindfulness Wednesday





## Shake it up

1. Let's pretend to put magic glue on the bottoms of our feet and glue them to the floor.
2. Can you wiggle your knees and keep the bottoms of your feet flat on the floor?
3. Let's move our bodies to the sound of the drum, keeping our feet glued to the floor. Make big movements when you hear loud drumming.
4. Make small movements when you hear quiet drumming.
5. That's it. See if you can follow these sounds, and when the drumming stops, freeze.
6. Let's relax and feel our breathing for a few moments, and then we'll play again.



## Choose your breathing anchor

1. Sit with your back straight and your body relaxed, resting your hands gently on your knees, and close your eyes if you're comfortable doing so. Notice what it feels like to breathe in and out right now.
2. Now put one finger under your nose and feel your breath going in and out. Can you feel it?
3. Next, place your hand on your chest, over your heart. Can you feel your hand moving when you breathe?
4. Now place your hand on your stomach and feel the movement of your breathing there.



## Choose your breathing anchor

5. Put your hands on your knees and breathe naturally. Notice where you feel the movement of your breath most easily. Is it just beneath your nose? At your chest? Or at your stomach?

Whichever you choose, that's the place I'll be talking about when I use the word anchor. We're going to use this anchor for the rest of the game, so if you need to check again to see where it's easiest to feel your breathing right now, go ahead.

6. Now lightly rest your attention on your anchor and see if you can keep your body relaxed at the same time. This is how we rest in the feeling of the movement of our breath.

7. Great! Let's try this for a few more breaths together.