

Mindfulness Wednesday



Tick Tock

What sound does a clock make? Does anyone know what a grandfather clock is? Does anyone know what a pendulum is?

1. Now we're going to practice swaying side to side like the pendulum of a grandfather clock. Sit with your back straight and your body relaxed, resting your hands on the floor by your sides.
2. Let's all raise our right hands together. Put your right hand back down to the floor, and lean your body to the right. Now push your body to the left and catch your weight with your left hand on the floor. Now rock back to the right hand again. Can you feel your body moving to the right, to the center, and to the left?

Tick Tock

3. Now let's say tick tock as we rock from side to side: tick...tock...tick...tock...
4. We're going to stop swaying soon, so let's all stay this rhyme together:
tick...tock...like a...clock...until..I find...my center...stop!
6. Let's end just like we started, with backs straight and bodies relaxed. Rest your hands on your knees and take a few breaths.

Butterfly Body Scan

1. Sit or lie down comfortably with your eyes closed. Breathe naturally, noticing how it feels to breathe in and out.
2. Now imagine a butterfly that's as light as a feather. It can be any color you like. Take a moment and picture the butterfly in your mind.
3. Imagine your butterfly is hovering nearby. We're going to pretend that the magic butterfly rests on different parts of our body, and when it lands, that part of our body feels relaxed and pleasant.

Butterfly Body Scan

4. Let's start with our foreheads. Imagine your forehead relaxes when the butterfly rests on it.
5. Imagine the butterfly moves from your forehead to one of your shoulders. Your shoulder relaxes while the butterfly rests on it. (continue with other body parts)
6. Now, relax your whole body and rest, feeling the rhythm of your breathing.
7. When you're ready, sit up slowly and reach your hands to the sky. Take a deep breath in and lower your arms as you breathe out.