## 5 4 3 2 1 Senses Practice

Take a moment just to notice your breathing then:



Look for 5 things you can see

Feel  $\bf 4$  things you can  $\bf touch$ 

Listen to  ${\bf 3}$  things you can **hear** 

Sniff 2 things you can smell

Notice 1 thing you can taste

By focusing on your senses in this way you will be able to slow down a little, come into the moment and pause and be!

## Connected Kids



Count to Calm

Have a go at this guided meditation by Chris Maxwell at Connected Kids to help you count your way to calmness and relaxation.



https://insighttimer.com/mindfuliveschris/gu ided-meditations/count-to-calm

## **Affirmations**

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An affirmation is a positive word or phrase that you say about yourself. Often starting with "I am", "I can" or "I will".



Have a go at coming up with 10 affirmations for yourself. You could create a colourful painted hand to write them on or make a set of cards that you can decorate and carry with you!