

#### Week 5 - Mindfulness with John



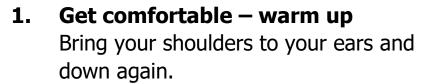
Name:



Date:



# New Directions: Personal Expression and Creativity & Health & Wellbeing





Bring your shoulders forward and roll back
Bring your shoulders back and

Roll your head around slowly



Go the opposite way

roll forward



#### 2. Breath

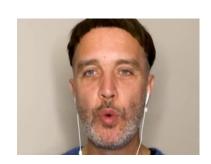
Put your hands on your tummy Breathe in and out

Notice your tummy going up and down



## 3. Rest close your eyes

How are you feeling?



### 4. Eye exercises

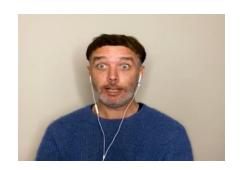
Look up and down without moving your head

Then look side to side



Move your eyebrows up and down
Blink your eyes very slowly

Roll your eyes around in big circles





Put your hand in front of you

Move your finger on your opposite hand to trace your hand

Use your eyes to follow your finger

Breath in and out



Finally, bring your arm to across your body to your shoulder

Move your hand up and down your arm

Follow this movement with your eyes

Breath and rest

