

Week 5 - Mindfulness with John



Name:



Date:



New Directions: Personal Expression and Creativity & Health & Wellbeing

1. **Get comfortable – warm up**

Bring your shoulders to your ears and down again.

Bring your shoulders forward and roll back

Bring your shoulders back and roll forward

Roll your head around slowly

Go the opposite way



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

