

## A Mindfulness Exercise

This is to encourage observation and curiosity:

Adult: "Please get into your mindful body, still and quiet, sitting upright, still."

- "Now listen". (Point to any noise, maybe a ticking clock, a bump from next door, or a gurgle from a tummy, don't speak).
- "Turn on your 'spidey-senses'". (Open a window or an outside door. Hear the noise as the door opens and then hear the change from the room being inside, to letting the outside in.)
- "Listen silently" for up to 2 minutes. Use a timer so that your child knows when to finish their focus. After the 2 minutes say "Tell me about anything you could hear, see or smell."

This exercise encourages the use of senses to keep tabs on the world around us.

We all need to take a pause, focus our attention on the present and open our awareness to the information that our senses bring in.