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# Calm

## EXERCISES

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### Melting Butter

Imagine you are a tiny piece of butter lying on warm toast. Imagine that the floor is warm like toast and you are slowly melting into the toast. Feel your whole body becoming soft and gooey as you melt and relax into the warm toast. How long can you lie there for, feeling relaxed and calm?

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### Feather in the Wind

Imagine you are a feather floating in the wind. Feel yourself becoming so light that you can feel the wind carrying you along. You enjoy feeling light and free. Imagine yourself floating further and further into the air, feeling totally supported by the wind.

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### Deep Breaths

Close your eyes and sit comfortably with your back straight. As you sit there, spend some time observing your breathing. Feel the in-breath and watch what happens when you breathe back out. As you sit there, try to make **YOUR** breaths longer. Take a longer breath in and then breathe out slowly and gently. As you breathe out, feel as if all your worries and problems are blowing away, leaving you feel relaxed and calm. Repeat this a couple more times.

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### Glass Boat

Lie down on your tummy and just relax. Imagine you are lying on a boat and you can feel the warmth of the sun on your back. The boat has a glass floor and you can see through to the water. As you lie there, spend sometime, enjoying watching the movement of the fish and sea creatures below you. Enjoy feeling relaxed as the boat gently sways from side to side.

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### Squeeze and Relax

Lie down and take in a deep breath, and as you breathe in, squeeze all the muscles in your body. Now breathe out and relax all the muscles in your body. Repeat this exercise one more time.

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## Chest Taps

Imagine your body is a computer and you are reprogramming your computer. Tap your chest as you repeat, 'I am calm, I am peaceful, I am quiet, I am relaxed'. Now stay as still as you can.

## Shining Shells

Sit on the floor with your spine straight, legs out in front of you and your arms in the air. Imagine you are an oyster shell on the beach. Take in a deep breath and, as you breathe out, bend forward from the waist and try to touch your toes. If you can't reach your toes comfortably, just touch your legs or ankles. Can you close the oyster shell tight? If not, that's OK: just keep breathing and stretching. Breathe in and, as you breathe out, stretch a little further. Do this three more times, until you are ready to open the oyster shell and lift your arms up again.

## Quiet Listening

Close your eyes and stay as still as possible. Spend some time listening to all the sounds inside the room. Stay very still and quiet and listen to any sounds outside the room. The more still and quiet you are, the more you will be aware of the sounds around you.

## Green Breaths

Lie down on the floor or bed and put your hand on your tummy. Breathe in and out gently and feel your tummy rising and falling. Now, as you breathe in, imagine you are breathing green light. It feels very calming and peaceful. Now breathe the green light out into the room. Fill the whole room with soft green light. Breathe in, breathe out, breathe in, breathe out.

## Butterfly Breaths

Imagine there is a butterfly on end of your nose. You feel the butterfly as you breathe in and out. Now it is on your chest as you breath in and out and now on your stomach. Take in a deep breath into your stomach and watch the butterfly rise and fall with your stomach.

## Resting Rocks

Sit down in a kneeling position, with your hands placed firmly on your knees. Keep your back and arms as straight as you can. Imagine you are a rock standing totally still in the sea. Feel the cool sea water swirling around the bottom part of you. It feels so cool and refreshing. Take in a deep breath of fresh sea air and breathe out. Each time you breathe in and out, feel your whole body becoming calm and still.

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## Palming

Rub your hands together to let them warm up for about 15 seconds. Make a cup with your hands and place them over your eyes being careful not to press your eyes with your hands. Hold this position for 30 seconds to 2 mins. You might like to rest your elbows on the table if your arms are aching. The more relaxed you become, the blacker the darkness you will see with your closed eyes. This exercise brings rest and relaxation to your eyes.

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## Sunshine

Lie down and imagine your body is soaking up the sunshine. Feel yourself surrounded by golden sunshine. As the sun warms your body, feel yourself becoming energised and happy.

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## Pebble

Imagine you are holding a smooth pebble in each hand. Feel it, become aware of it and feel the coolness and peace spreading through your body.

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## Mirror

Close your eyes and imagine you are looking into a mirror. Imagine in the mirror is an even better you. See yourself happy and smiling. See yourself full of happiness and looking amazing. Take a step towards the mirror and now imagine that you are the wonderful person in the mirror. Feel yourself tingle inside as you realise how amazing you are. Now squeeze your thumb and first finger together as you think about how amazing you feel. When you are ready step back again and open your eyes. Whenever you are feeling down and want to remind yourself how special you are, you just have to squeeze your thumb and first finger together.

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## Bubbles

Imagine you are blowing bubbles of peace or happiness or love into the room. Take in a breath and imagine you have a pot of bubble liquid. Slowly and gently blow bubbles into the room. As you blow out the bubbles, imagine they are filled with peace and the whole room is filling up with peace.

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## Magic Dust

Sit comfortably and take in a deep breath. As you breathe in, feel as if you are breathing in magic fairy dust. Now, gently blow out the fairy dust into the air and imagine the room is being filled with fairy dust.

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## Tummy Breathing

Sit or lie down and put your hand on your tummy. Feel your tummy rising and falling as you breathe deeply. Continue breathing and feeling calm and relaxed and focused.

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## Smiling Heart

Close your eyes and take a deep breath in through your nose, slowly, and out through your mouth.

Put your hand on your chest and spend a few moments feeling calm and relaxed. Now, Imagine that you have a smile in your heart. Watch how you start to have loving feelings. Can you send that smile up to your face? Let your mouth smile gently. Breathe in and out and rest there for a few moments. Now open your eyes and see how different you feel.

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## Colour Breathing

Take in a breath and, as you breathe in, imagine you are breathing in the colour pink for love. Feel this colour touching all the parts of your body inside. Send it around your whole body. Now, as you breathe out, see if you can imagine breathing the colour into the room. Fill the room with the colour pink.

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## Shimmering Stars

Close your eyes, be very still and imagine you are lying down on the grass at night. The grass is soft and warm and you can smell the fresh smell of earth. It is a warm summer night and the sky is completely black. As you lie there, you can see shimmering stars in the sky. These stars make interesting patterns in the velvet black sky. Spend some time looking at the glittering patterns. Watch as the stars twinkle in the sky. You feel calm and relaxed as you look up at the stars.

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