

Do you need a brain break?
Try one of the activities below:

5 4 3 2 1

Take a moment to sit quietly and experience your surroundings.
Can you name:

- 5 things that you can see
- 4 things that you can touch
- 3 things that you can hear
- 2 things that you can smell
- 1 thing that you can taste

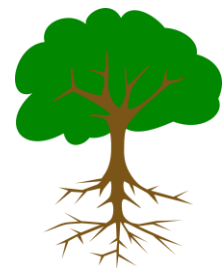
Hand on Heart

Gently place your hand over heart and breath in and out slowly. Notice the beating within your chest. Feel your rib cage slowly move up and down. Listen carefully to each breath as you draw air in and slowly breathe out.



Be the Tree

Close your eyes and breathe in and out deeply. Make sure that you are sat in a comfortable upright position, with your hands placed together in your lap. As you breathe in and out imagine that you're a beautiful old oak tree with long elegant branches and deep supportive roots. Can you hear the wind gently whip around your branches? Can you hear birds cheerily chirping in the distance? As you breathe in and out imagine your roots are growing deeper and deeper into the rich supportive earth. Now, with each breath, imagine your magnificent roots are sucking up energy and nutrients from the earth, filling you with a sense of calmness and fulfilment.



Finger Breathing

Starting at your wrist, use your index finger to slowly trace the outer edge of your thumb as you slowly breathe in. Pause at the tip of your thumb, then slowly trace down the inner edge of your thumb as you slowly breathe out. Pause again at the bottom, then repeat for your remaining digits.



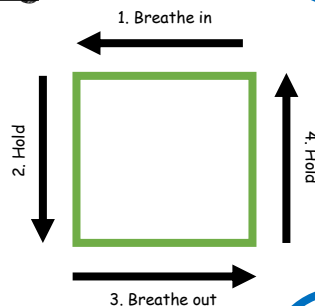
Colour Hunt

Close your eyes and take a deep breath in, and out. Now open your eyes and look around the room. What can you see? Try to find an object for each colour.

RED
YELLOW
GREEN
ORANGE
PURPLE
BLUE

Square Breathing

There is an imaginary square in front of you. As you slowly breathe in for 4 seconds, imagine tracing the top edge of the square. Trace down the left hand side for another 4 seconds as you hold your breath. Then, breathe out for 4 seconds as you trace along the bottom edge. Finally, hold your breath again, for a final 4 seconds as you trace the final edge of the square and return to your starting point.



Blowing Bubbles

You'll need some bubble mixture for this one! Breathe in slowly and deeply for 10 seconds. As you breathe out, try to blow bubbles as slowly and carefully as you can.

