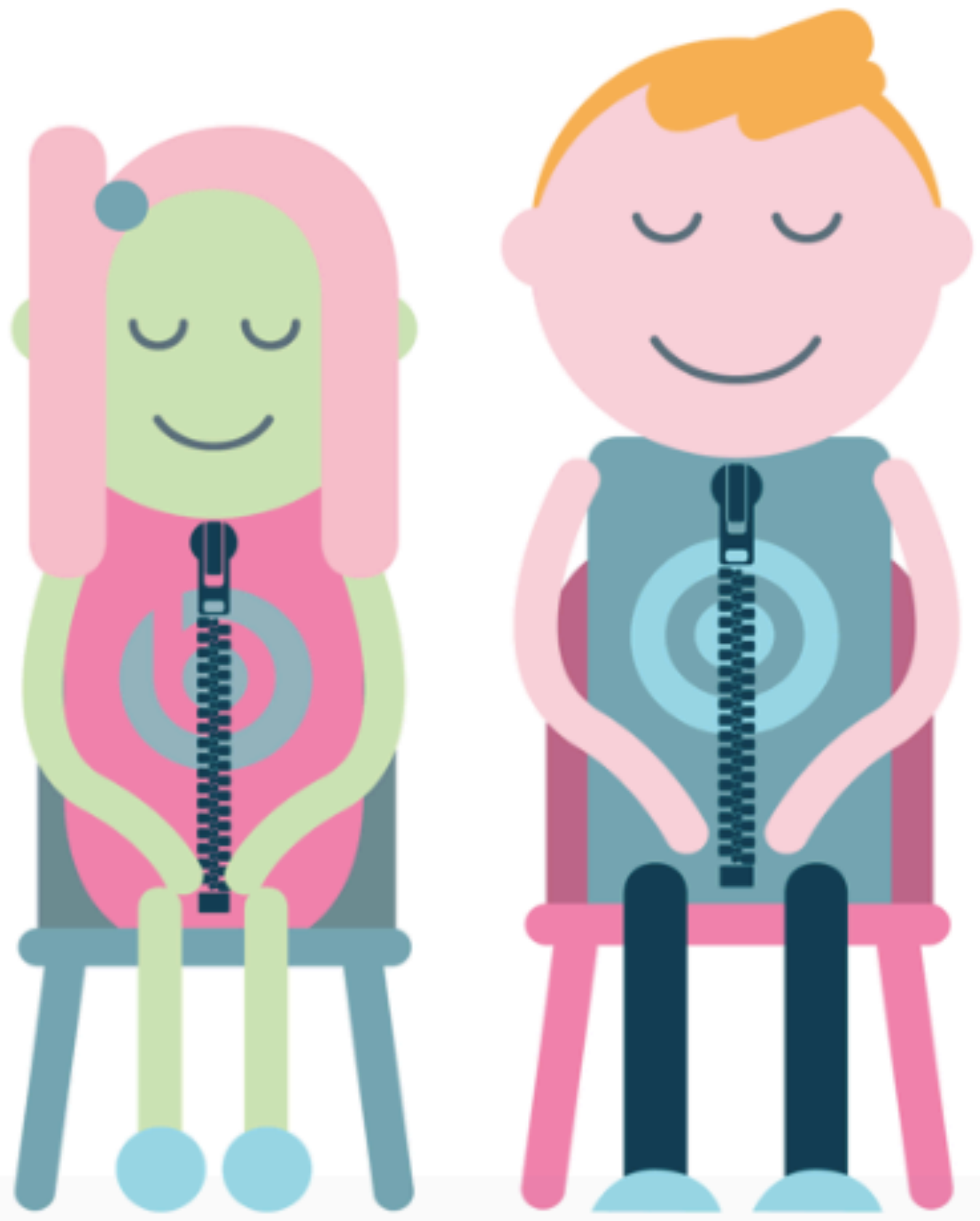


'Sitting in a Mindful body.'

- Sit up straight with your hands in your lap and feet on the floor - tall and still like a mountain.
- Relax your jaw, shoulders, tummy, legs, hands and feet.
- Feel the chair or floor that you are sitting on.
- Take a few deep breaths.

Did you notice what happened in the room when we did this?

How did it feel to sit in your Mindful body?



'By focusing on one thing like a sound we are developing our attention muscle.'

REFLECT
Did you find Mindful listening easy or hard?
What different sounds did you hear?
Did you find it easy or hard to keep listening to the sounds in the room?