



# Session 8

# RECAP

Last session, we were thinking about gratitude...

- ★ What is gratitude?
- ★ Who managed to complete the gratitude task and find things that you were thankful for?





Mind Full, or Mindful?



# HEALTHY SCHOOLS CHALLENGE:

Use the meditation instructions to complete a session of mindfulness, either as a form or at home.

You might find it useful to try the headspace app or one of the .b sessions on youtube such as beditation.





## MEDITATION

We've got a small meditation you can do to help you calm your thoughts, check in with your body and see how heavy your heart feels. You might feel a bit silly doing this at first, but it really does help.

1. Get comfy - lay down, sit in a squishy chair, wherever you want. Just make sure you're comfy and you're not going to be distracted. Close your eyes.
2. Now breathe, big deep breaths. Try breathing in for a count of four, hold for a count of seven, then breath out for a count of eight. Do this a few times.
3. Once your breathing is steady, start being aware of your senses. What can you feel, smell and hear?
4. Can you feel your heart in your chest? Take a moment to be thankful for your body and how it all works and what it is capable of.
5. Think about the last 24 hours. What has been difficult? What has made you feel drained or sad? As you breathe out, try and let go of these things. It might take a while, but give it a go.
6. Think about the good things in your day. What has brought you joy? What has made you feel alive? Take a moment to be thankful for these things.
7. Think of the next 24 hours. How can you bring more joy into your day? What can you do to notice the moments that make you feel alive? Breathe.

Once you're done, open your eyes. How was it?