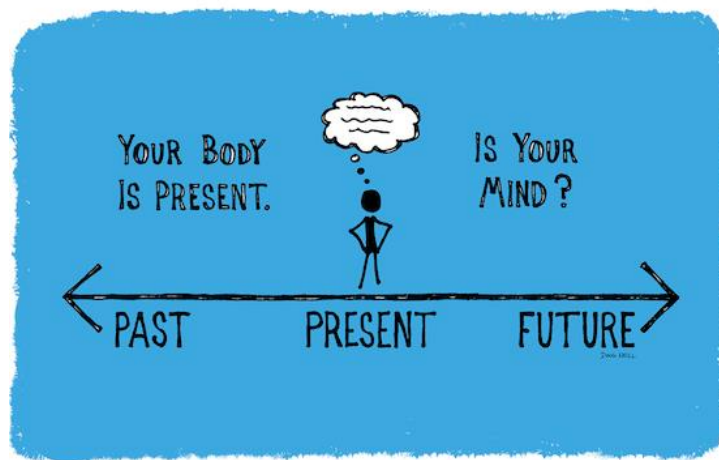


# Got It!



## Mindfulness

Mindfulness is a means to improve focus and attention whilst reducing stress. It involves focusing on the present moment, concentrating on what's happening and being accepting of what you notice.



Some mindfulness exercises to try:

1. **Walking mindfulness.** Walk slowly, pay attention to the rhythm of your steps and to your surroundings. To up the fun choose animals and try to do their walks!
2. **Breathing mindfulness.** Take one minute to really notice how it feels to breathe. Notice the breath flowing into your nose, down your throat, expanding your belly and reversing. Try using bubbles or pinwheels at the same time.
3. **Eating mindfulness.** At the dinner table take it in turns to use descriptive words for your food: warm, soft, yellow, crunchy, etc. This will help your children try more foods and be more descriptive about what they like or don't like.
4. **Colouring in:** This requires we pay attention only to what is in front of us.