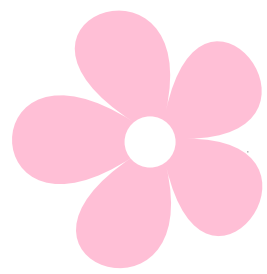


Mindfulness activities



Teddy breathing

- Lie down somewhere you feel comfortable.
- Place a toy on your belly.
- Breathe in and out, watching your toy rise up and down, like you are slowly rocking it to sleep.
- Do this for a minute or two, or as long as you feel comfortable

Relaxing activity

- Lie down in a place you feel comfortable
- Close your eyes and clench your toes as hard as you can and count to 5, then relax.
- Then do the same with your feet, and then legs, hands, arms, shoulders and then your whole body, making sure to breathe throughout.

