

## **Mindfulness instructions for week commencing 20.07.20**

Breathing and Mindfulness.

Ready to escape into a tranquil land of bliss? Need to take a break? Perhaps even a quick afternoon cat nap? Then this is the activity just for you. This week our mindfulness title is 'The Sleep Train'

1. Get your earphones or be in a space that you can hear well without interruption.
2. Choose a quiet space that supports your focus.
3. Open and follow the video 'The Sleep Train' Guided Meditation.
4. Notice how you are thinking and feeling. Enjoy the rest of your day!
5. Optional: Draw your very own train. What magical lands will it travel through? What will you see from the window of your train as it glides peacefully through the galaxy? If you would like to, you could share your own train design on Seesaw.