



Healthy Me

Calm Me Script - Ages 9-10 - Piece 1

This Puzzle is about being healthy and the choices we make to keep ourselves healthy.

So in this 'Calm Me' time we are going to focus on our bodies and how incredible they are.

Let's start our 'Calm Me' time by sitting in our 'Calm Me' way, nice and straight in the chair, feet flat on the floor and spine all straight and proud. Shoulders are relaxed and eyes are gently closed.

Now listen to our chime until you can no longer hear any sound...

In this quietness bring your attention to focus on your breathing. Breathe in through your nose with nice long, gentle breaths and feel your tummy expand as the air fills your lungs. Hold your breath for just a couple of seconds and then gently and slowly release the air back out again through your mouth.

Breathing like this we feel calm and gentle...

Breathing in and silently counting 1,2,3,4,5... breathing out silently hearing the words "I am glad to be alive."

Continue with your relaxing breathing, in to fill the lungs... out to feel calm and relaxed.

Then try to let your mind follow the path the breath takes as it goes into your body through your nostrils and moves its way down the windpipe into the lungs. Be aware of what happens to your body as the breath follows this path... can you feel your diaphragm contract and relax again, your shoulders rise and fall, your stomach expand and contract... all because you took one simple breath in....

Use a few breaths to try to follow the air as it goes on its inward journey. When your lungs are as full as you want them to be on this breath, hold the breath for a second, you are in control, and then gently release it to its outward journey through your mouth.

Do this process several times as you become more aware of your mind following your breath in and out of your body.

What an amazing process breathing is... we do it and usually are not even aware that we are doing it...

For the last few breaths of this 'Calm Me' time, let yourself accept your body just as it is and appreciate it and all it does for you.

Breathing in and silently counting 1,2,3,4,5... breathing out, silently hearing the words "I have an incredible body."

Then, as you listen to the chime fade away, bring your awareness back into the classroom in this present moment, nice and peaceful, ready to learn.

