

A Moment of Mindfulness

A Source of Health and Well Being for Kids!



anger
arguing
blaming
attacking
defending

Fear

delay
retreat
absence
avoidance

Shame

overwhelmed
internal paralysis
inability to respond



Calm Chord
Stimulation

Healing Happens Here

Calm, Clarity
Decision Making

AM I IN STRESS RESPONSE?
ME
Survival

Guilt

Start Here

Inhalation Count 1, 2

Inhale through your nose

Place your left hand underneath your belly button (Position 1)

Count 1 – Feel your abdomen expand like you are blowing up an abdomen balloon

Place your right hand on your outer right ribcage (position 2)

Count 2 – Feel your outer ribcage expand

Exhalation Count 2, 1

Exhale through your nose or mouth

Count 2 – Feel your outer ribcage deflate

Count 1 – Feel your abdomen deflate

Inhalation Count 1, 2, 3...

Inhale through your nose

Count 1 – Feel your abdomen expand

Count 2 – Feel your outer ribcage expand

Count 3 – Feel your upper chest expand

Exhalation Count 3, 2, 1...

Exhale through your nose or mouth

Count 3 – Feel your upper chest deflate

Count 2 – Feel your outer ribcage deflate

Count 1 – Feel your abdomen deflate

RESET

Breath

Is a Healing Breath

Healing Happens Here

LOVED
SUPPORTED
NURTURED



KINDNESS · CARING · COMPASSION

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