

Food Breathing - Happy/Energising

Arrive

- Today we are going to do Food Breathing
- Sit comfortably on a chair
- If you want to join in, sit up tall on the chair, feet flat on the floor, with your hands resting on your knees or where they feel comfortable
- You are going to imagine that you are holding a fork in your hand
- When you breathe in you are going to reach out and put your favourite food onto it, bring the fork back to your nose and breathe in the beautiful smell of the food
- When you breathe out you will lower your fork and smile as you enjoy the smell

Open

- Imagine a string from the top of your head pulling you up straight and tall towards the ceiling
- Relax your shoulders - roll them back, shrug them up towards your ears, then relax
- Make sure you are comfortable
- Close your eyes if you want to, lower your gaze (but not your head) or stare at something at eye level
- Ground yourself by pushing your feet into the floor and your back/bottom/where your body is in contact into the chair
- Breathe for a few moments at your own level/pace
- Now we are ready to begin

Practice

- Slowly and calmly breathe in through your nose, raise your fork with the food on it and breathe in its beautiful smell
- Breathe out gently, lower your fork and smile
- Repeat 5 times

Close

- Repeat one final time
- Relax your hands back onto your knees
- Now we are going to close the practice
- Let your breathing go back to normal
- Take a moment to notice how you feel

Take Leave

- Gently tip your chin towards your chest
- Slowly open your eyes if they are closed
- When you are ready, slowly lift up your head and look back into the room
- Notice your surroundings

**TAKE
FIVE**
•••••
AT SCHOOL

**STAND STRONG
BREATHE**