



SUNRISE Wellbeing

Holistic therapeutic support service for children, young people & adults



Mindfulness

- Being fully aware of what's happening in the present
- Separating yourself from negative thoughts
- Research shows mindfulness improves, behaviour, focus and resilience

Walking on Ice

- Move around walking carefully on the ice, picking up your leg and slowly putting it down

Throwing a Balloon

- Pretend it's a fragile egg, try to keep it in the air without breaking it

Musical Statues

- Dance around, when the music stops, freeze – take a deep breath in and then a breath out (trying to make your out-breath longer than your in-breath)

Reflection Journal

- Pick a part of the day that was good. What did you enjoy? How did this make you feel? What were you thinking?
- Pick a part of the day that you found difficult. How did this make you feel? What were you thinking?
- How could you change these thoughts to be more accurate? What skills did you use to overcome this?
- Write down 3 things you are grateful for today

Senses

- Use senses to think about what you can hear, smell, touch, see and taste
- Smell something aromatic like a flower, orange peel or lavender (close your eyes and spend a few minutes paying attention to the smell) What does it remind you of? How does it make you feel?

Breathe

- Pay attention to the breath, inhale for 5, hold for 4, exhale for 3
- Lay down with a breathing buddy on your stomach and focus on how it moves when you breathe in and out, watch how it becomes slower
- Become more aware of how your body and chest feel when you are being mindful



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