

Mindful Position - Chair

Practice Description: A mindful position is a way of sitting which sends a message to your brain that you are paying attention in a relaxed, yet alert way. It can also be used to naturally calm your mind and body.

Age Group: K4-8 Grade

Voiceover Script

Welcome to the Mindful Position exercise.

- *Pause for 2 seconds*

The way you sit sends signals to your brain.

- *Pause for 2 seconds*

Sitting in a mindful position with your body quiet and still signals your mind to be alert and aware, yet relaxed.

- *Pause for 2 seconds*

When you are ready, begin by placing both feet on the floor.

- *Pause for 2 seconds*

Allow your back to be long and strong.

- *Pause for 2 seconds*

Let your hands rest in your lap.

- *Pause for 3 seconds*

You can look down towards your knees, or to the images on the screen. If you feel comfortable, you may close your eyes.

- *Pause for 3 seconds*

Take some slow, deep breaths as you feel your body sitting on the chair.

- *Pause for 7 seconds*

If you'd like, place a hand over your heart or your belly as a reminder that you are bringing a kind and gentle attention to yourself.

Mindful Position - Chair

- *Pause for 20 seconds*

Remember, sitting in a mindful position, with your body quiet and still, signals your mind that you are paying attention in a relaxed and alert way.

- *Pause for 2 seconds*

Before you open your eyes, think about what you noticed in your mindful position.

- *Pause for 5 seconds*

When you are ready, bring your focus and attention back to the room around you.