

# Mindful Magic

## Shake it Out

Shaking arms and legs - high and low, shaking body. Stop and noticing heartbeat. Notice how body feels.

## Breathing

Using a soft toy lying on your belly, breathe in all the way to your belly and feel the toy rising up, and falling down with the out breath

## Superman pose

Standing with hands on hips, and breathing in and out after each affirmation...

## Affirmations

I am strong

I am intelligent

I am unique

I can become whatever I want to be

I love myself no matter what

I am important

I reach for the stars

## Spidey senses

Listening, smelling, tasting, touching, seeing - just noticing and feeding back

## Breathing in the Universe

Stand up, feet wide apart. Notice the feet on the floor. And breathe in as you raise your arms and body up to the sky. Noe bend forward and breathe 'ahhhh', imagine scooping up the whole universe in your arms, and raise your arms up again and imagine showering yourself with stars

## Mountain

Standing firm on the floor, close your eyes and imagine you are a mountain. Feel how sturdy and strong you are. Breathe in and out. And now, imagine the sea at your feet. This sea contains all your worries. And now, as you breathe out, imagine blowing away all the worries.

## Mountain Relaxation

Adapted from 'The Children's Meditation - In My Heart' (available on Kindle)