Use this to have a calm mindfulness moment each day.

Calm me script

Come with me as we help our minds to get peaceful and calm. Let’s sit up nice and straight in our chairs.

Imagine the golden thread is pulling up gently through the top of your head stretching your spine so you feel proud and dignified.

Keep both feet flat on the floor and your hands loosely in your lap.

Close your eyes gently as you ask your mind to focus on your breathing.

We are breathing all the time but usually we don’t notice... but now I want you to notice that you are breathing and how nice it feels.

Breathe in through your nose and count in your head 1,2,3,4, slowly, gently. Breathe out again, through your mouth, feeling your tummy sink back in and hear your mind silently say: leave my troubles at the door.

In... 1,2,3,4... Out... leave my troubles at the door. In... out... Breathe gently and be aware that your body is calming down as well... your muscles are relaxing, your arms, your shoulders, your tummy, your legs, your face... everything relaxing so you feel calm and peaceful.

Your precious body is relaxed and your mind is feeling calm and any worries are left at the door.

Start to bring your awareness back into the room... wiggle your fingers and toes and bring that quiet mind back to focus on this moment right now.