

SUPER TROOPERS

with



Breathing with Your Hands

With all the hustle and bustle of everyday life, it can be hard to find time to relax and clear your mind. Super Troopers with Laya Healthcare knows that a healthy mind is just as important as a healthy body, so here is a mindfulness exercise to help your pupils to relax after a busy day at school. Pupils can draw/write about it. They can try this activity at home too!

1. Sit comfortably on a chair.
2. With your hands shoulder width apart, clap them together really hard 3 times, counting aloud "1, 2, 3!"
3. Close your eyes, pause and silently bring all of your attention to what is happening to your fingers and hands. Write about the sensations and how this made you feel.
4. Then, stay sitting and, closing your eyes, trace your right index finger from the bottom of your palm to the tip of your left little finger and as you do this breathe in gently through your nose.
5. Now trace your finger back down from the tip to the bottom again and breathe out through your mouth. Repeat this action with all 5 fingers and if you wish, swap over to the other hand.



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	Clapping: Draw/Write what you noticed about your hands and fingers	Finger Breathing: Draw/Write about how your body felt during this exercise
In School		
At Home		

