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Mindfulness Script

You can use this script with the short visual mindfulness clip without voice or, use it separately with your own music or relaxing images.

Practice reading this script with the video and be mindful of your pace. If you are using the script without the video speak with a slow pace, pausing before the next line.

Dim the lights and light a candle (if using for online classrooms, you can suggest the students do the same).

“I’m going to give you some instructions for mindfulness, you can close your eyes and listen or keep them open and watch the video/looking down, without distracting anyone else, it’s better if you can close them (you can alter this part, depending on how you are using the resource). Get into a comfy position.

Breathe in through your nose and out through your mouth **demonstrate**.

Keep breathing deeply into your belly and big breaths out **exaggerated demonstration**.

Can you hear the sound of the music? **pause** Listen carefully.

Now let your body go floppy, **pause** resting your eyes, mouth, neck and shoulders.

Fell gravity pulling you down **pause** notice where you are touching the floor/ground.

Keep breathing **pause** you can count your breath

In 1 out 2 in 3 out 4

Imagine your favourite place **pause**

With all your favourite things **pause** this is your special place.

Put your hand on your heart and imagine it is smiling.

Think of whatever makes you smile.

Now choose a feeling that makes you feel good, if you can’t feel it, just pretend.

It might be Happy, Cosy, Loved, Warm, Relaxed, Peaceful, Thankful or, something else.

Keep that feeling in your body so you can remember it later.



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You can feel it any time, when you are worried or unsure, bring your good feeling back.

Now just sit back and enjoy.

Now, gently wriggle you fingers and toes *demonstrate*

Wriggle your shoulders and knees *demonstrate*

Rub your hands together and place them on your eyes *demonstrate*

Now slowly open your eyes and arrive back with a big breath *demonstrate*