



PEACE ACTIVITY

GUIDED BRAIN BREAK - INNER STRENGTH & CONFIDENCE

- Stand in a comfortable position with your spine tall and straight, and your feet in line with your hips.
- Close your eyes if that feels comfortable for you, or look down to the Earth
- Please be respectful of others in the classroom.
- Standing still, take calm, slow breaths.
- Bring your attention to your feet. Breathe in feeling your feet connected to the Earth. Breathe out and feel the solid, stable Earth holding you up.

Pause for 3 seconds

- Bring your attention to your legs. Breathe in feeling the muscles in your legs. Breathe out and feel the strength of your legs

Pause for 3 seconds

- Bring your attention to your stomach. Breathe in and feel your stomach expand. Breathe out and feel confidence in your stomach

Pause for 3 seconds

- Bring your attention to your spine. Breathe in and lengthen your spine upwards. Breathe out roll your shoulders back and down. Keep your chest slightly lifted.

Pause for 3 seconds

- Bring your attention to your head. Image a golden thread from the crown of your head up to the sky. Breathe in and lift your head to the sky. Breathe out and stand tall

Pause for 3 seconds

- Now focus on your breath. Notice your breath flowing deeply in and out of your body

Pause for 3 seconds

- Standing still, imagine you are a big mountain. Feel your feet and legs are strong like the base of your mountain. Imagine your head is the peak of your mountain. Imagine where in the world you would like your mountain to be.

Pause for 10 seconds

- Silently repeat to yourself “I am strong and powerful just like a mountain”

Pause for 10 seconds

- Breathe and stretch your whole body. Look to the front of the room and smile.

Thank you for taking part in this brain break.
Standing in mountain pose helps us feel inner strength and confidence.