



# PEACE ACTIVITY

## GUIDED BRAIN BREAK - PEACE & CALM

- Sit in a comfortable position with your spine tall and straight
- Relax your shoulders
- Place your feet flat on the ground
- Close your eyes if you feel comfortable or look down at your palms
- Please be respectful of others in the classroom
- Breathe in and squeeze all the muscles in your body, including your legs, arms and face.

Breathe out and relax

Pause for 3 seconds

- One more time breathe in and squeeze all the muscles in your body. Breathe out and relax

Pause for 3 seconds

- Take your awareness to your stomach. Feel the rising and falling of your stomach

Pause for 10 seconds

- Take your awareness to your heart centre. Feel the rising and falling of your chest.

Pause for 10 seconds

- Continue to focus on the heart centre. Quietly and gently breathe in for a count of 2 and quietly and gently breathe out for a count of 4. Continue breathing in for a count of 2 and breathing out for a count of 4

Pause for 10 seconds

With each outbreath feel your body relaxing and your mind becoming calm

Pause for 10 seconds

- Now breathe normally keeping your awareness at your heart centre. Feel warmth in your heart centre

Pause for 10 seconds

- Silently affirm to yourself "I am calm, peaceful and relaxed"

Pause for 10 seconds

- Stretch your body, look to the front of the room and smile

"Thank you for taking part in this brain break.

It is good for our wellbeing to take some timeout every day, to be calm and peaceful"