

# All Goods?

## Observe

### Mindfulness

Mindfulness means paying attention to the present moment on purpose and without judgement. It can help you feel calmer and more grounded.

SWIPE FOR TOOLS >

ONE

# 5-senses check-in

Our senses are how we perceive the world, tuning in to them means tuning into the here and now.

1

One thing you can taste

2

One thing you can hear

3

One thing you can feel

4

One thing you can see

5

One thing you can smell.

TWO

# 5-Finger Breathing

Try this breathing technique

- 1 Hold up one hand with fingers spread.
- 2 place your other index finger on your thumb.
- 3 As you trace down your thumb, breathe in slowly through nose.
- 4 As you go up your finger breath out slowly through mouth.
- 5 Repeat until you have traced all fingers.

THREE

# Mindful breathing

Focus on your breath. feel your chest expand as you inhale, and get smaller as you exhale.

1

Breathe in through your nose.

2

Hold for 3 seconds

3

Exhale through your mouth for four seconds.

4

Repeat 3 times.

Notice the sense of calm as oxygen starts to flow and settle you.

# Recap

Practicing Mindfulness in the quiet times helps us to use it when things are stressful. give these tools a go.

1

5-Sense Check-In

2

5-Finger Breathing

3

Mindful breathing.