

FINGERTIPS RELEASE



5 MINS

This activity can connect children to their breath and body, whilst visualising their worries being released.

ACTIVITY TYPE

Breathing and Movement

SET UP

Make sure each child is seated and quiet before you read aloud the mindfulness activity.

FOLLOW UP QUESTIONS FOR CHILDREN

- How did the activity make you feel?
- Did that make you feel more relaxed?

FURTHER DEVELOPMENT

This activity can also be a great tool and used to support individuals to regulate themselves.

1. Squeeze your hands into two fists and breathe in, then stretch your hands, spreading your fingers and breathing out.
2. Do this 3 times.
3. Now if you can, close your eyes and just listen:
4. When we are worried or experiencing difficult emotions like anger or embarrassment, it can make us feel very tense and closed off, like a clenched fist. When we feel relaxed and happy, we are more open and able to connect, like an outstretched hand. We need to release tension in our bodies in order to feel more relaxed and connected to others.
5. Now as you breathe in, squeeze your hands into fists and imagine holding your worries or difficult feelings in your hands. As you breathe out, stretch your hands out and imagine your worries being released from your body.
6. Breathe in, squeeze your fist around your worries; breathe out, stretch your hands and release them.
7. Repeat this 5 times.