

Mindful Position - Chair

Practice Description: A mindful position is a way of sitting which sends a message to your brain that you are paying attention in a relaxed, yet alert way. It can also be used to naturally calm your mind and body.

Age Group: K4-8 Grade

Welcome to the Mindful Position exercise.
<i>Pause for 5 seconds</i>
How do you sit when you are interested in or curious about something? Do you sit differently when you are bored?
<i>Pause for 3 seconds</i>
The way you sit sends signals to your brain.
<i>Pause for 2 seconds</i>
Sitting in a mindful position with your body quiet and still signals your mind to be alert and aware, yet relaxed.
<i>Pause for 5 seconds</i>
When you are ready, begin by placing both feet on the floor.
<i>Pause for 5 seconds</i>
Allow your back to be long and strong.
<i>Pause for 5 seconds</i>
Let your hands rest in your lap.
<i>Pause for 3 seconds</i>
You can look down towards your knees, or to the images on the screen. If you feel comfortable, you may close your eyes.
<i>Pause for 10 seconds</i>
Take some slow, deep breaths as you feel your body sitting on the chair.
<i>Pause for 10 seconds</i>
If you'd like, place a hand over your heart or your belly as a reminder that you are bringing a kind and gentle attention to yourself.
<i>Pause for 50 seconds</i>
Remember, sitting in a mindful position, with your body quiet and still, signals your mind that you are paying attention in a relaxed and alert way.
<i>Pause for 5 seconds</i>
Before you open your eyes, think about what you noticed in your mindful position.
<i>Pause for 10 seconds</i>
When you are ready, bring your focus and attention back to the room around you.