



Complete the colouring activities on the following pages. Whilst completing them try to keep your mind free of any specific thoughts, if you do that is okay. Simply bring your mind back to the activity at hand and focus all your attention.

1. Get comfortable. Lying down is a good way but you can also be sat comfortably too
2. Take some deep breaths! Let your breathing slow down, letting the breaths come from in your tummy rather than your chest. Let your belly rise and fall as you breathe
3. Be aware of your feet. Begin by thinking about the feelings in your feet
4. Imagine doing a scan of your body. Starting from your feet, very slowly scan all the way up to your head. Notice any feelings or sensations in your body, focusing your attention on each. Notice any stresses or tension and continue to breathe into these feelings.





