**Class One**

**Breathing Exercise – Diaphragm Breathing**

* Sit comfortably, put one hand on your chest and the other on your belly.
* Inhale through your nose and try to breath into your belly until it’s full.
* Feel your belly expand as it fills with air, the hand on your chest should stay more or less still.
* Exhale through your nose and gently squeeze your stomach muscles.
* Feel your belly move in as you breathe the air out.
* Repeat this for 10 deep breaths.

**Grounding Technique – Mindfulness Practice with the 5 Senses**

* Look around you and say 5 things you can see, out loud or in your head.

*- Examples: chair, car, tree, wall, shoes…*

* Find 4 things you can physically touch near you, say the word out loud or in your head as you touch them.

*- Examples: my head, the floor, my t-shirt, my hands, my bag…*

* Listen for 3 things you can hear around you, say them out loud or in your head.

- *Examples: traffic, birds, my breathing, the radio…*

* Check for 2 things you can smell right now, say them out loud or in your head.

- *Examples: food, fresh air, perfume, shampoo…*

* Think of 1 thing you can taste right now, say it out loud or in your head.
* *Examples: coffee, toothpaste, nothing (you can also focus on a neutral taste!)…*

**Class Two**

**Breathing Exercise – 4:6 Breathing**

* Sit comfortably and put your hands on your knees.
* Inhale through your nose into your belly for 4 counts.
* Exhale through your nose for 6 counts while gently squeezing your stomach muscles.
* Repeat this 5-10 times.

**Grounding Technique – Un-stick difficult Feelings**

* You can do this exercise sitting, standing or lying down.
* Close your eyes and think about what feeling you have and name it out loud or in your head – you can use the feelings chart to help find the right word.
* Say/think the word again and notice how it shows up in your body. *E.g my heart beats faster, I tense up, I get butterflies, I breathe faster…*
* Notice where in your body this feeling is and focus on that area. *E.g chest, stomach, feet, head, shoulders…*
* Now ask yourself these questions:
* What is the feeling in this area of my body like? *E.g heavy, twisting, jumpy, spiky…*
* Does the feeling have a shape? A colour? A smell or taste?
* Focus on describing the feeling, you don’t need to judge it or get stuck in it.
* Put your hands on the part of your body where the feeling is and breathe into it, inhaling through your nose.
* As you exhale through your nose, release the feeling and let it flow around your body.
* On each inhale, re-focus on where the feeling is. On each exhale let it move, dilute and un-stick itself.
* Repeat this for a few minutes or until you feel calmer.

**Class Three**

**Grounding Technique – Body Scan to Check-in with Yourself**

* Sit comfortably and close your eyes.
* Focus on your body parts one by one, from head to toes as you inhale and exhale through your nose. *E.g top of the head, face, neck, shoulders, upper back, lower back, chest, arms, hands, stomach, hips, bum, legs above the knee, knees, legs below the knee, ankles, feet, toes.*
* As you do this pay attention to where you might feel any tension, pain, or any feelings that come up.
* You can do a second round using the breathing technique below.

**Breathing Exercise – Light & Smoke**

* Focus on a part of your body that feels tense or where there is pain / or focus on body parts one by one from head to toe.
* As you inhale through the nose, imaging you are breathing in a bright, golden light that’s directed to that body part, let it glow there for a moment.
* As you exhale, imagine that you are breathing out thick, grey smoke from that body part. Let the smoke carry away tension, pain and any intense feelings.
* Continue to do this until you feel more relaxed / until you’ve done the whole body.

**Class Four**

**Breathing Exercise – Box Breathing**

* Sit comfortably and close your eyes with your hands on your knees.
* Inhale through your nose in 4 counts.
* Hold the air in your lungs for 2 counts.
* Exhale through your nose in 6 counts.
* Sit with no air in the lungs for 2 counts.
* Repeat this for 2-3 minutes.
* \*If sitting with no air for 2 counts feels too much, you can miss this part out.

**Grounding Technique – Turn Down the Emotional Dial**

* You can do this exercise sitting, standing or lying down.
* Close your eyes and imagine any kind of dial that you can turn down. *E.g the dial to choose a radio station, temperature dial on the oven, volume dial on a speaker.*
* Imagine numbers 0-10 on the dial. Zero is calm and quiet, ten is intense and noisy.
* Think about where you are on that dial right now and imagine the number in your head.
* Inhale through your nose and focus on the number, exhale through your nose and turn down the dial to the next number.
* Repeat until you get to 0, calm and quiet. Take 5 more deep breaths in and out through the nose imagining the dial completely turned down on zero.
* \*Remember, you can take as many breaths as you need on each number of the dial until you’re ready to turn it down.

**Class Five**

**Breathing Exercise – Tense & Relax**

* Lie down on your back with your arms resting out by your sides.
* Move through your body from head to toe, tensing each body part as you inhale and relaxing it as you exhale.
* Use your inhale to focus on the body part and squeeze the muscles.
* Use your exhale to release tension and deeply relax the muscles.
* When you have finished all body parts, inhale and tense/squeeze the whole body then exhale and relax the whole body.
* Take 5 deep breaths in and out through your nose and enjoy the relaxed feeling in your body.

**Grounding Technique – Meditation with an Object**

* Choose any small object and sit or stand with it in your hands. *E.g tennis ball, stone, teddy bear, spoon, sock…*
* Take a good look at your object, hold it far away, then close, and move it around in your hands. Think about the following:
* What colour is it?
* What transparency does it have? *Can you see through it?*
* What shape is it?
* What texture does it have? *E.g smooth, soft, rough…*
* How heavy or light is it?
* Now hold the object still in your hands and close your eyes.
* Breath in and out through your nose as you focus on the feeling of the object in your hands. If you get distracted, re-focus on the object in your hands.
* Stay here for one minute, inhaling and exhaling deeply.