

# RSE DAY

Celebrating relationships & sex education

## Guided mindfulness

Get comfortable on your seat. Put your hands on your lap and let your shoulders relax. When you're ready, close your eyes or look downwards.

Pay attention to your breathing. Notice the sensation of the air entering your nose as you inhale, and the feeling of release as you exhale. Let each breath, ground you in the present moment.

Now, think about a change in your life that you're currently experiencing or something coming up in the future. It could be a new hobby you are starting, a change in a friendship, a move to a new school. Take a moment to think about this change without judgement.

As you think about this change, notice any emotions you have. You might feel excited, nervous, or even a little bit anxious. Whatever you're feeling is okay – change can bring up a range of emotions, and it's important to recognise them all.

Now, imagine yourself standing at the edge of a beautiful forest. The trees tower above you, their branches swaying gently in the breeze. This forest represents the journey of change that you're about to start.

Begin to walk into the forest. With each step you take, feel the ground beneath your feet. Notice the sounds of nature around you – the rustle of leaves, the chirping of birds. Allow yourself to be fully present in this moment, embracing the beauty of the natural world around you.

As you walk deeper into the forest, imagine yourself getting rid of any fears or doubts you may have about the change ahead. Picture them falling away like leaves from a tree, making you feeling lighter and more at peace.

Now, find a comfortable spot to sit among the trees. Close your eyes and take a few deep breaths and be in the moment. Feel a sense of trust wash over you as you embrace the change ahead.

Know that change is a natural part of life, like the changing seasons or the changing tides. It may bring challenges, but it also brings new opportunities for growth and development.

When you're ready, slowly begin to bring yourself back to the classroom. Wiggle your fingers and toes, and gently open your eyes. Take a moment to reflect on your experience and carry this sense of mindfulness with you as you approach the changes in your life.