

The present moment with Squeezy

Duration

20 Minutes

What you will need

Internet connection.

Introduction:

Start by watching this film, our well being expert will introduce learners to the concept of mindfulness and being in the present moment - [Insert video link here]

Activity: Explicit Instruction/Teacher modeling

Work your way through the guided practice virtual video. Make sure to participate and follow along: <https://youtu.be/rhw1jsruGu4>

Reflection:

You listened to a three stage breathing space meditation on the activity video. It's also available as an [audio file here](#). These are ideal pauses in your day. To help us pause, it's good to decide points in the day when you would do this. Reflect for yourself when you could do this e.g. first thing in the morning, before lunch etc - pick three times in the day. Write down your experience of the meditation and your times when you want to pause.

