

F.L.O.W.E.R

It's time to pause and relax our mind and body!

F - first stop what you are doing

L - listen to your mind - what is it saying?

O - ooooo take a big breath in through your nose as you trace one petal with your finger and a big breath out through your mouth saying oooo as you trace the next petal with your finger

W - watch your body start to relax

E - enjoy the feeling of being relaxed

R - restart what you were doing

Breathe in

Breathe out

Breathe out

Breathe in

Breathe in

Breathe out



A Mindful Start