

Mindful Emotion Coaching – Script for Slides Based on “Sitting Still Like A Frog” by Eline Snel

1. What is the frog doing? Is it jumping around or sitting still? Frogs sometimes sit still for a long time. What is the girl doing? What might she be thinking about? Where are her hands? Do you think it would be comfortable to sit like this for a long time? What would be comfortable for you?
2. Do you know what is inside your head? This is a picture of a brain – everyone has one and they all look like this. What does your brain do? How does your brain tell your body what to do? Your brain sends messages to every single part of your body.
3. How do these people feel? Have you ever felt like this? Do you know why the brain might want you to feel like this? Sometimes it's to keep us safe. It's ok to feel any of these things but we have to learn what to do when some of these feelings get too much. (Hand model).
4. Tell me about the first picture. How does the first picture make you feel? Look at the water, is it still or rough? Now tell me what is different in the second picture.
5. What do you think these children are concentrating on? What does it mean to “pay attention” or focus on something?
6. What part of the body are these children focussed on? What do you think they might be able to feel? You try putting your hands on your tummy. What do you notice? Can you feel your breath?
7. Where in your body can you feel your breath? Does the breath feel different going in to coming out?
8. Sit or lie in a way that is comfortable for you.

Use any calming/meditation music. Judge how long is appropriate for your children to sit.

