


Annex 2 – Call to Action Activity Template

Theme: Mindfulness

<b>Thematic Area</b>	Mindfulness		
<b>Activity Title</b>	Mindful Breathing		
<b>Type of resource</b>	Self-Help Activity		
<b>Photo</b>	 <p><a href="#">Photo by Motoki Tonn on Unsplash</a></p>		
<b>Duration of Activity (in minutes)</b>	5-10 minutes	<b>Learning Outcome</b>	<ul style="list-style-type: none"><li>• Utilise mindfulness techniques to regulate emotions, reduce stress</li></ul>

			<p>and improve concentration.</p> <ul style="list-style-type: none"> <li>• Demonstrate responses to low self-confidence as a positive action towards wellbeing.</li> </ul>
<b>Aim of activity</b>	<p>The mindful breathing activity aims to help regulate emotions, reduce stress, and improve concentration by cultivating present-moment awareness and non-judgmental acceptance of one's thoughts, feelings, and bodily sensations.</p>		
<b>Materials Required for Activity</b>	<ul style="list-style-type: none"> <li>• Comfortable Space</li> <li>• Time</li> <li>• Quiet</li> </ul>		
<b>Step-by-step instructions</b>	<p><b>Step 1:</b> Find a quiet and comfortable place where you won't be disturbed for a few minutes. Look for a space in your home, office, or outside where you can sit or lie down comfortably without distractions.</p> <p><b>Step 2:</b> Sit or lie down in a comfortable position. Choose a spot that feels comfortable for you, whether that's sitting in a chair with your feet on the ground or lying down on your back.</p> <p><b>Step 3:</b> Close your eyes and focus your attention on your breath. Notice the sensation of the air moving in and out of your nostrils or the rise and fall of your chest or belly.</p> <p><b>Step 4:</b> Whenever your mind starts to wander, gently bring your attention back to your breath. As you focus on your breath, you may find that your mind starts to wander. When this happens, just acknowledge the thought or distraction, and then gently bring your attention back to your breath.</p> <p><b>Step 5:</b> If you notice any physical sensations, thoughts, or emotions, simply acknowledge them without judgment, and bring your attention back to your breath. As you continue to focus on your breath, you may notice physical sensations, thoughts, or emotions arise. Instead of getting caught up in them or judging them, simply acknowledge them and bring your attention back to your breath.</p> <p><b>Step 6:</b> Continue to focus on your breath for several minutes or as long as you like. Try to maintain your focus on your breath for the duration of your practice. If your mind starts to wander, simply bring your attention back to your breath.</p> <p><b>Step 7:</b> When you're ready to end the practice, take a few deep breaths and slowly open your eyes. Take a few deep breaths and allow yourself to become aware of your surroundings. When you're ready, slowly open your eyes and return to your day.</p> <p><b>Useful links to use to complete this activity:</b></p> <p><a href="#">How to Meditate</a></p> <p><a href="#">MEDITATION 101: TECHNIQUES, BENEFITS, AND A BEGINNER'S HOW-TO</a></p>		



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[Meditation Techniques: Definitions, Examples & Tips](#)

[How to meditate](#)