

Career Assignment: Play Therapist

Task: Magic Mindfulness



*You're going to take some time to meditate and find a 'safe space' to go when you are feeling a bit anxious, worried or need just a few moments of **calm**.*

Follow these steps and see how it works!

- 1. Pick your favourite song or a piece of music you find relaxing.*
- 2. Shut your eyes and sit or lie in a comfortable position.*
- 3. Think of somewhere or someone who makes you feel safe - what does it look like? Picture every detail from top to bottom, consciously following your eyes around the image in your head.*
- 4. Think why that makes you feel so safe. Spend 5 minutes - or slightly more if you'd like - there.*

You've done it! Now, if you ever feel you need some time to just be with your thoughts, you have a safe space to visit and switch off.

Remember it is absolutely okay for us to feel a little worried or anxious - this just gives us a way to tackle those emotions when we need to!

