



Mindfulness Squeeze and Flop



Taking a moment to be calm and relaxed during a busy day can help us to feel settled and happy.

Find a comfortable position, either sitting or lying down. If you would like to, close your eyes. Take a few deep and gentle breaths, in and out. Feel yourself start to relax.

Now, squeeze your muscles as tightly as you can. Hold the squeeze for a count of three. Then, flop and relax your muscles for a count of five.

Repeat this between five and ten times.

Afterwards, draw or write how you feel after squeezing and flopping.



Well done for taking a mindful moment in your busy day! You can use this exercise to help you become calmer if you ever feel worried, sad, frightened or cross.