

# Mindfulness Story

## Taming the Puppy

### Instructions:

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This mindfulness story is written to be read aloud to your class during a brain break, mindfulness session, or just to refocus the mind and body on a busy day. As you read aloud, children will be using their imagination to explore mindfulness techniques and skills woven into a short story.

### Taming the Puppy

Sometimes we think that the harder we try, the better we will do at things. This attitude is a great way to work towards your goals, but it doesn't always work at other times – think about falling asleep; the harder we try to fall asleep, the harder it is to do, and we lie awake in bed for ages just trying to nod off. It's only when we stop thinking so hard about it that we actually fall asleep.

Mindfulness works in a similar way – the moment we sit down to try and be mindful and have a quiet moment, our brains can zoom around every which way, trying to think of a million things at once because we aren't used to being still and taking time to be calm and present. So the harder we try to focus on being mindful, the more our brains can start imagining all sorts of weird and wonderful things.

Learning to be mindful is a bit like training a new puppy. Our brains are like little puppies, always wanting to roam and explore

and run as far and as fast as they can. When we are trying to be mindful and calm, we want our minds (or the puppy) to be calm and still and not wander off so we can focus on our breathing, and what's happening around us.



So how do we train a puppy to walk nicely alongside us? Close your eyes and imagine a playful puppy who just wants to run around and explore everything. It can be hard to take this puppy out for a walk because it's just too excited and wants to run ahead and sniff everything new! So rather than keeping it on a tight leash, we let it out on a longer lead so that it can still run ahead and explore. This act lets the puppy feel like it has all the room in the world. Every day, we bring the leash in, bit by bit, so the puppy gets used to walking closer and closer to its owner. Eventually, the puppy will be used to not running ahead at all and will calmly and happily walk along at your side.

Mindfulness works the same way. So each time you practise mindfulness, try to bring the lead in a tiny bit at a time until eventually, your mind can calmly and happily focus and be present without running off.

