

# House of Shapes



To begin, find a comfortable spot to relax in. Pick somewhere quiet where you feel nice and cosy. You can either sit down with your back against something hard like the back of the chair or you can lie down and place your hands on your tummy.

You can lower your eyes to the ground or if it feels ok you can shut your eyes.

Today we are going to imagine a big white house, this house has a big pointy roof and three windows looking out onto its garden. Imagine now walking up the garden path towards the house, you can hear the gravel crunch underneath your feet as you walk towards the house. You open the door and step inside to a big white room.

In the room there is a yellow triangle. The triangle has three sides, one, two, three. The sides glow one at a time as we count them. One, two, three - three sides. One..... two..... three...

Now we are going to look at the corners. The yellow triangle has three corners.

The corners glow as we count them. One, two, three. Three corners. One..... two..... three...

As we breathe in the triangle will get bigger and as we breathe out the triangle will get smaller. Let's try this now, breathing in one, two, three, breathing out three, two, one. Breathing in one, two, three.... Breathing out, three, two, one.

Now the triangle has the number one in its tummy. As we breathe in we will count and the number in the middle will change. The number will continue to get bigger as we count up and smaller as we count back down.

We breathe in one, two, three, four. Breathe out four, three, two, one.

The next shape in the room that we can see is a blue square. The square has four sides, one, two, three, four. The sides glow one at a time as we count them. One, two, three, four - four sides. One..... two..... three.....four

Now we are going to look at the corners.

The blue square has four corners, one, two, three, four. The corners glow one at a time as we count them. One, two, three four, four corners. One..... two..... three... four....

As we breathe in the square will get bigger and as we breathe out the square will get smaller. Let's try this now, breathing in one, two, three, four, breathing out four, three, two, one.

Now the square has the number one in its tummy. As we breathe in we will count and the number in the middle will change. The number will continue to get bigger as we count up and smaller as we count back down.

We breathe in one, two, three, four. Breathe out four, three, two, one.

Now it is time to leave the house. You wave goodbye to the yellow triangle and the blue square. You step outside and close the door of the big white house with the pointy roof. You walk back down the garden path.

Begin to become aware of what sounds you can hear now, all around you. Sounds you can hear far away, sounds you can hear close by. Begin now to help your body to wake up by wiggling your fingers and your toes, your ankles and your wrists. Take a deep breath in and stretch your arms up overhead. As you breathe out lower your arms and give yourself a big squeeze hug!

Slowly open your eyes. Notice if you can see any triangles or squares today and remember your nice calm breath if you spot any!

Have a lovely day. Slán go fóill!

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