

# A Moment of Mindfulness

Being "whai whakaaro" ("mindful") means giving all your attention to something that is happening right now as a way to help you to feel calm and refresh your ngoi (energy).  
Use your five senses to help you focus.

Find a place to noho (sit) quietly, inside or outside and use each of your five senses to notice what is happening around you. You can do this anywhere and anytime if you feel like you need to calm yourself.

Below is an example and you can do this for just a minute and it will help calm your tinana (body) and hinegaro (mind).



I am sitting outside in the sun on the grass beside my classroom. I can see the trees gently swaying in the breeze and the birds flying from one to another.



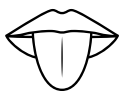
I can smell that the grass has recently been cut and there are flowers on the plant nearby that have a sweet scent.



I hear the hum of an aeroplane flying in the distance and the happy laughter of a group of children doing PE with their class.



I can feel the slow rise and fall of my tummy as my breathing becomes more relaxed while I take a moment to be mindful.



I can taste the apple I just ate at morning tea. It was crunchy and sweet.