

Take a mindful moment

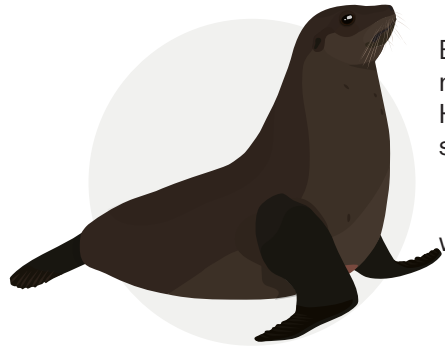
Sometimes our brain can have us rushing ahead or worrying about what is going on around us.

Be like the animals at Auckland Zoo and let your senses connect you to your surroundings.

Find a calm place outside (or in!) and let our animals guide you through a mindful moment.



If you would like to be guided through a mindful moment, scan the QR code to watch the video!



Breathe in through your nose, down into your puku. Hold for a moment and then slowly let your breath out like you're a rāpuka (NZ sea lion) blowing bubbles under water.



Look around with eyes like a tiger. What can you see around you?

List 5 things you can see:



Press your hands and feet into the ground. Feel what is around you like a skink sitting in the sunshine.

List 4 things you can feel:



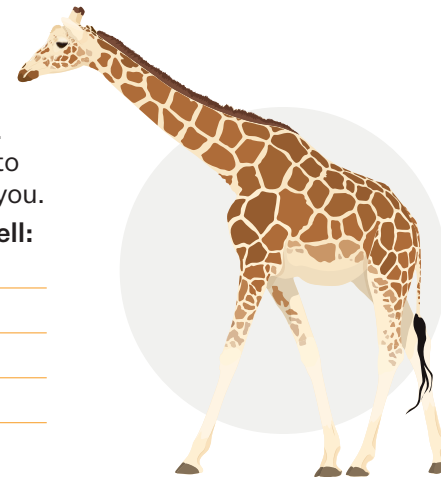
Close your eyes and listen with ears like a ruru. What can you hear?

List 3 things you can hear:



Take a slow, deep breath. Use your nose like a kiwi to take in the smells around you.

List 2 things you can smell:



Stick your tongue out like a giraffe, is there anything you can taste in the air?

List 1 thing that you can taste:
