

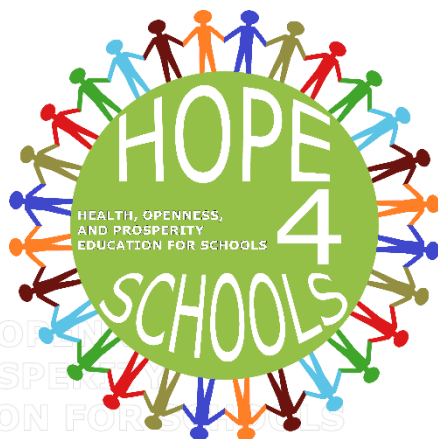


GREEK MINISTRY OF EDUCATION
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REGIONAL DIRECTORATE OF PRIMARY
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QUIET AND ATTENTIVE AS A FROG



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QUIET AND ATTENTIVE AS A FROG

In this exercise you will learn to sit as quietly and attentively as a frog. Being able to stop whatever you are doing so you can focus and pay attention is an important beginning to any exercise. The frog helps you to realize how you feel, what you are thinking about and what you are doing. Being able to stop and observe everything carefully are things you can learn from it. The frog can jump. But it can also stop and sit perfectly still while it watches everything going on around her. Sitting still like the frog, means you only move when you really have to. When a frog is hungry, it moves to eat. And when it gets scared, it moves a little bit because it's scared. Sometimes it will only move one eye because a raindrop fell in it. Or it moves one leg to make a small step. But it doesn't waste its energy on things it doesn't have to do. The frog sits still. Completely still. And when it breathes, its tummy rises a little and then falls again. The movement is awake, calm, and attentive. The frog doesn't get disturbed by anything. It's aware of everything that's going on around it, but it doesn't react. It sits still and just takes it all in. It doesn't jump every time it remembers something, although it can do big jumps. That way the frog doesn't get tired at all. It doesn't do anything for no reason. And it doesn't get carried away by every crazy idea that comes to it. It can stop jumping and stay still. You too can learn to sit still like a frog. Get comfortable in a chair or on the floor on a pillow. Straighten your back and relax. If you want, you can close your eyes. Take your time. It is important that you sit straight and comfortably. Keep your feet on the floor, your back straight, and your shoulders down. You can keep your hands loosely in your lap. Now imagine you're a frog. You're sitting on the bank of a big pond somewhere. Of course, you're not a real frog, but you can do some things like that



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real frog can do. Sit still and do not move. To sit still, you need to be attentive and calm. Mindfulness helps you not to get distracted from what you're doing. And stillness keeps you in place and allows you to take it all in. Slowly begin to focus and sit still like a frog. Your arms and legs are still. Neither your butt nor your legs are moving. Your head, neck and back are not moving. Your whole body is still, calm, and relaxed. And as you sit still, you can notice many things. Maybe you can feel some part of your body still moving. One finger, your foot, your eyelids, your stomach, or something else - it's okay. The goal of this exercise is not to forbid you from moving. But to notice that somewhere in the body we are always moving even so slightly. What are you noticing right now? Maybe you notice a little movement here and there. Now try to notice also how gently your body is moving. With each breath in and out. You can turn your attention to the tip of your nose. Where the air flows in and out. What do you feel when you do that? Being aware of your breathing, is a special experience that can help you relax. You might feel your breath in your throat or chest. And maybe even lower in your belly. You can put your hands on your tummy and feel the movement every time you breathe in and every time you breathe out. It's kind of fun to just focus on your breathing like that. You can notice a lot of things about it. You can tell if your breathing is regular or irregular. You don't have to change anything about your breathing. Just breathe normally and just be aware. When your breathing calms down and deepens after a while, you will see that your body is calmer, too. And maybe even more relaxed. Your thoughts have quieted down, too. Breathing calms down. Take a deep breath and exhale again. Whenever you breathe in, your tummy lifts a little. And whenever you breathe out, it drops a little. Look at this. It's nice to focus on your breath, it is nice to calm down. And breathing doesn't require any special effort. Your body breathes all by itself. Just watch your breathing for a moment. It rises and falls. The air flows in and out. Mindfulness and breathing will calm you beautifully. Can you feel it? You can learn a lot from the frog. You can learn how not to react to everything you hear, see, or whatever comes into your head. You watch everything around you, but you only react when you really must, when there's a reason.



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You sit still, alert, and attentive like a frog. Practice that and you'll get better and better. You'll remember more things, pay more attention to what's going on around you. I wish you a lot of mindfulness and calm for today.



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