

**STAP 0: Stand or sit with dignity.**

**STEP 1: how am I right now?**

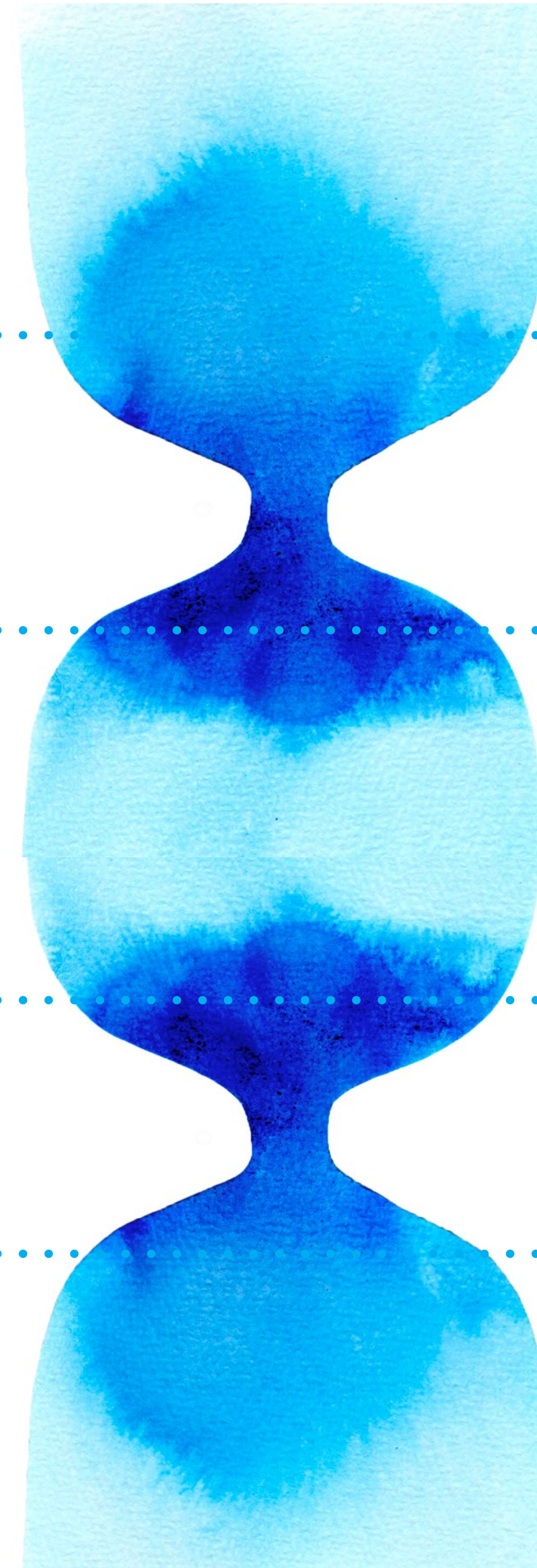
What can I feel in my body?  
What mood or emotions are here?  
Which thoughts pass by?  
What impulses want to take action?  
See if you can allow things to be as they are, and let go of judgements.

**STEP 2: Attention for your breath.**

Give all your attention to breathing.  
You can put a hand on your belly.  
You don'tt need to change a thing.  
Wandering off can happen, just keep on coming back to breathing.

**STEP 3: Zoom out.**

Feel your breathing body touching the surface beneath you.  
Wrap yourself in attention.  
Fill yourself with attention.  
Stay a while at places with tension.  
You don't need to change a thing.  
And what do you need now?  
Expand your attention to include the world around you.  
Continue with your day consciously.



**STEP 0: Stand or sit with dignity.**

**STEP 1: How am I right now?**

What can I feel in my body, mood?  
Which thoughts, impulses come by?  
Tell yourself: let me feel it, it is already here and I can handle it.

**STEP 2: Attention for your breath.**

Give all your attention to breathing.  
You can lay your hand on your belly.  
You do not need to change anything.  
Just come back every time.

**STEP 3: Make room for your child.**

What does his/her body tell me?  
What would my child be feeling?  
What would be happening in the mind?  
What would my child be needing?  
Give words if you can.  
Even if you cannot change anything.

**STEP 4: Attention for your breath.**

Give all attention to breathing.  
You do not need to change a thing.  
Just keep coming back.

**STEP 5: Zoom out.**

Feel your breathing body.  
Wrap yourself in attention.  
Fill yourself with attention.  
What do you both need?  
Continue with your day consciously.