

Mindful Monsters: Body Scan with Big Bird

[Chime]

Grover: Hello there. It is I, your furry and adorable friend Grover. Welcome to Mindful Monsters. I am so glad you are here.

Being a mindful monster means paying close attention to how you feel and what is going on around you. Let us start by taking a deep breath. Ready?

[Inhales] Ah.

Now let us listen in with my good friend Big Bird to learn all about saying hello to our bodies.

[Chiming]

Big Bird: Hello there. It's me, Big Bird. One way I like to have a mindful moment is by saying hello to the different parts of my body. I like to imagine a nice breeze blowing through my feathers and making me feel nice and relaxed. Come on. Let's do it together.

Make sure you're in a comfy position. Let's start by taking three big belly breaths. Ready?

1 [Inhale, exhale], 2

[Inhale, exhale], 3 [Inhale, exhale].

Now let's say hello to our heads. Hello, head. Let's move our heads in a big circle one way [Inhale] then the other [Exhale] Good.

Now let's say hello to our shoulders. Hello, shoulders.

[Chuckles] Let's squeeze our shoulders up [Inhale] and down [Exhale].

One more time, up [Inhale] and down [Exhale]. Good.

Now let's say hello to our hands. Hello, hands. Let's open our hands [Inhale] and close them [Exhale]. One more time, open [Inhale] and close [Exhale].

Good. Now let's say hello to our toes. Hello, toes. See if you can wiggle your toes [Inhale, exhale].

Are they wiggling? [Chuckles] Good.

Thanks for saying hello to your body with me. Checking in with your body is a great way to feel calm and relaxed.

[Chiming]

Grover: Well, that was nice. Thank you for stopping by Mindful Monsters and taking a mindful moment with us today. Let us take one more deep breath together, OK?

[Inhales] Ah. Bye.

[Chiming]