



A-N-D Script

Let's learn about A-N-D.

A is for being Aware, being aware is paying attention to how our body feels, what we can feel in our body are called sensations.

N is for Naming, we can give names to how our body is feeling. We might feel a warm face, or sweaty hands.

D is for Describing, we can describe how we are feeling by being aware and naming our body's sensations. If someone feels a warm face maybe they are happy? If someone feels sweaty hands maybe they are nervous.

Let's see what we can notice by trying some A-N-D.

Sit back and gently close your eyes. Take a few big slow breaths, in and out, in and out.

Now notice feeling your back resting against your chair. How does the chair feel on your back? Just become aware of the chair on your back for a few seconds. Would you name it as smooth or bumpy? Hard or soft?

Now move your attention up from your back, along your neck all the way to your head. Become aware of how your head feels for a little while. Can you name how your head is feeling? Is it feeling hot, cold, heavy, light? Maybe you can't feel anything at all?

Now pay attention to your face for a moment. Can you notice your eyes? Your lips? How do you know they are there? What sensations can you feel? What words can you use?

Now let's move down from the face and become aware of your belly. What is it like in your belly? Is it calm, is it busy?

Now let's try our hands for a little while. Are they relaxed? Or clenched? Are they still, or are they moving? Name what they are doing.

Now we have become aware and named the sensations in our head, our face, our belly and our hands. Can we describe them as a feeling? Have a think. What does your head say about how you're feeling? What do your hands say about how you are feeling?