**How to use the timers to build a healthy mind**

**Timers help to build new healthy pathways in the brain which helps you**

**manage big feelings and make good choices.**

**Watch the timer anytime you are having a tricky time.**

**Also, use the timer twice a week at bedtime with the music below.**

Afterwards talk about

What was going on in your world?

What **thoughts** popped into your head?

How were you **feeling**?

**Good music**

Home away from home – James Galway

Bring Him home – Piano Guys

Thousand Years – Piano Guys

I Giorno – Einaudi

The Seal Lullaby – Eric Whitacre

The Swan – Aquarelle Quartet (not Saint Saens)

O Mio Babbino Caro– Claire Jones

Find out more at [www.openmindsuk.org.uk](http://www.openmindsuk.org.uk)

