

## Mindfulness Activities

What is Mindfulness? Mindfulness is a technique you can learn to help you focus on the here and now. It can be an effective technique to learn to help you feel calm and relaxed. Here are some activities to help you develop mindfulness:

**LISTEN TO THE SOUNDS** - Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and say out loud everything you heard.



**HAPPY MEMORIES** – sit quietly, close your eyes and think about the happiest day of your life for 1 minute. Try to remember as much as you can about the day.



**BODY SCAN** – sit or lie down somewhere comfortable. And close your eyes. Scan your body starting from your feet, slowly working your way up your body. Notice any tension and how that part of your body feels.



**USE YOUR SENSES** – Notice:

1 thing you can see



1 thing you can hear



1 thing you can touch



1 thing you can smell



1 thing you can taste



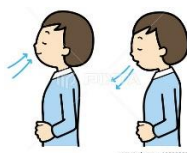
**GRATITUDE LIST** – write a list or say out loud of all the things you are grateful for.



**LEAF** – find a leaf from outside. Hold it in your hand and look at it for 1 minute. Notice what it feels and looks like: the colour, the pattern, the weight, the texture.



**BREATHING** - Place your hand on your stomach. Take 5 deep breaths in and out. Notice how your hand moves each time you breath in and out.



**HOT DOODLE** – for one minute try to keep your pen or pencil moving for the entire time. Colour or shade the different shapes you have created.

