

MINDFULNESS ACTIVITIES

DAYS 1-10

WITH ALL OF THE ACTIVITIES TO FOLLOW IN THIS PACKET, DON'T VIEW THEM AS AN ASSIGNMENT. GET EXCITED ABOUT THEM. USE THEM TO MAKE YOU FEEL POSITIVE, HAPPY, STRONG, AND FOCUSED.

PLEASE COMPLETE ONE A DAY. YOU CAN DOCUMENT THEM OR YOUR RESPONSES TO THE EXERCISES ON THESE SHEETS IF YOU HAVE ACCESS TO A PRINTER AT HOME, IN A WORD DOCUMENT ON THE COMPUTER, OR IN A NOTEBOOK OR ON PAPER AT HOME.

ENJOY THEM... THEY ARE MEANT TO HELP!

LET ME KNOW IF YOU HAVE QUESTIONS

STAY WELL AND KEEP SMILING!

DR. HALL

DAYS 1 AND 2. ON DAY 1 DO THE CARDS ON THE LEFT SIDE OF THE PAGE. ON DAY 2 DO THE CARDS ON THE RIGHT SIDE OF THE PAGE.

<p>Mindfulness Activity Card</p> <hr/> <p>Place your hand on your belly. Take 10 deep breaths and notice your hand moving up and down as you breathe.</p>	<p>Mindfulness Activity Card</p> <hr/> <p>Sit very still and notice one thing that you can see, hear, feel, taste and smell.</p>
<p>Mindfulness Activity Card</p> <hr/> <p>Close your eyes and spend one minute thinking about the happiest day of your life. Try to remember as much about that day as you can.</p>	<p>Mindfulness Activity Card</p> <hr/> <p>Close your eyes and think about how you are feeling. Happy? Sad? Mad? Scared? Excited? Something else? Think about how you know you are feeling this way.</p>
<p>Mindfulness Activity Card</p> <hr/> <p>Close your eyes and sit quietly. Notice the way that your clothes feel on your body. Notice your shirt, pants and shoes. Do you notice anything you didn't notice before?</p>	<p>Mindfulness Activity Card</p> <hr/> <p>Sit quietly and place a small object in your hand. A pencil, eraser, or something else. Notice how heavy the object is. Think about what it feels like in your hand. Notice one new thing about this object.</p>

DAY 3 – BEING MINDFUL IS BEING PRESENT. BEING FOCUSED. BEING ATTENTIVE IN THE MOMENT. It is being aware of your body, your senses, and your surroundings.

Name: _____

Mindful or Unmindful

Directions: Read and circle the Mindful actions



DAY 4,5,6,7: TAKE SOME TIME IN THINKING ABOUT AND WRITING YOUR RESPONSES. THINK ABOUT YOUR BODY, YOUR BREATHING, SMELLS, SOUNDS, THINGS THAT YOU SEE.

<p><u>Monday</u></p> <p>Find a place to sit by yourself. Close your eyes and put your hands on your stomach. Take three slow, deep breaths.</p>	<p>What did you notice?</p> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><u>Tuesday</u></p> <p>Go outside for a walk or a run. If this isn't possible, do 5 jumping jacks. Pay attention to your breathing and heart rate.</p>	<p>What did you notice?</p> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><u>Wednesday</u></p> <p>While you are eating something today, pay attention to the taste, smell and appearance of your food.</p>	<p>What did you notice?</p> <hr/> <hr/> <hr/> <hr/> <hr/>
<p><u>Thursday</u></p> <p>Close your eyes and notice to the sounds outside the room. Keep listening until you can hear something!</p>	<p>What did you notice?</p> <hr/> <hr/> <hr/> <hr/> <hr/>

DAY 8: COMPLETE THE PAGE BELOW. BEING MINDFUL IS NOT JUST ABOUT US BUT BEING AWARE OF PEOPLE AROUND US, WHAT THEY MIGHT BE GOING THROUGH, AND HOW WE MIGHT BE ABLE TO HELP THEM.

Social Cues

LOOK AT THE CHARACTERS BELOW AND FINISH THE SENTENCES. BE SURE TO LOOK AT THEIR BODY LANGUAGE AND THEIR FACIAL EXPRESSIONS.



This person is feeling: _____

I can tell because _____

Something that I can say or ask this person: _____



This person is feeling: _____

I can tell because _____

Something that I can say or ask this person: _____



This person is feeling: _____

I can tell because _____

Something that I can say or ask this person: _____




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DAY 9: IT IS IMPORTANT TO BE ABLE TO KEEP OURSELVES POSITIVE AND APPRECIATE WHAT WE HAVE IN OUR LIVES. THIS IS IMPORTANT EVEN WHEN THINGS GET DIFFICULT

THINGS THAT WENT RIGHT TODAY!

Can you name 10 things that went right today?




1. _____

2. _____

3. _____

4. _____

5. _____




6. _____

7. _____

8. _____

9. _____

10. _____


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DAY 10: SOMETIMES WE ARE SO STUCK IN OUR WAYS OR OUR DAY TO DAY ROUTINES THAT WE FORGET TO PAY ATTENTION TO THE THINGS THAT ARE AROUND US.

1: PICK A ROOM INSIDE YOUR HOME AND GO THERE.

2.) PICK A COLOR OR A SHAPE.

3.) FIND 10 THINGS IN THAT SPACE THAT ARE THE COLOR OR THE SHAPE THAT YOU PICKED.