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 QUESETIONS

STAY WELL AND KEEP SMILING!

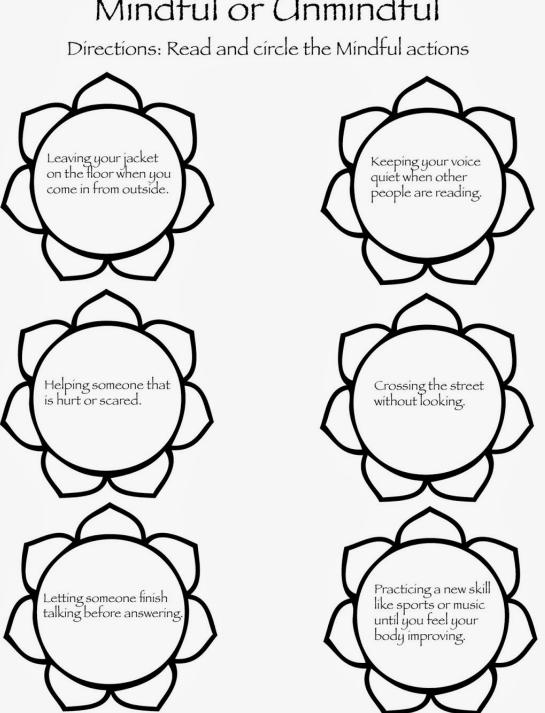
DR. HALL

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.



Name:			
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Mindful or Unmindful



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.

Monday	What did you notice?
Find a place to sit by yourself. Close your eyes and put your hands on your stomach. Take three slow, deep breaths.	
Tuesday	What did you notice?
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.	
Wednesday	What did you notice?
While you are eating something today, pay attention to the taste, smell and appearance of your food.	
Thursday	What did you notice?
Close your eyes and notice to the sounds outside the room. Keep listening until you can hear something!	

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

	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:



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

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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.