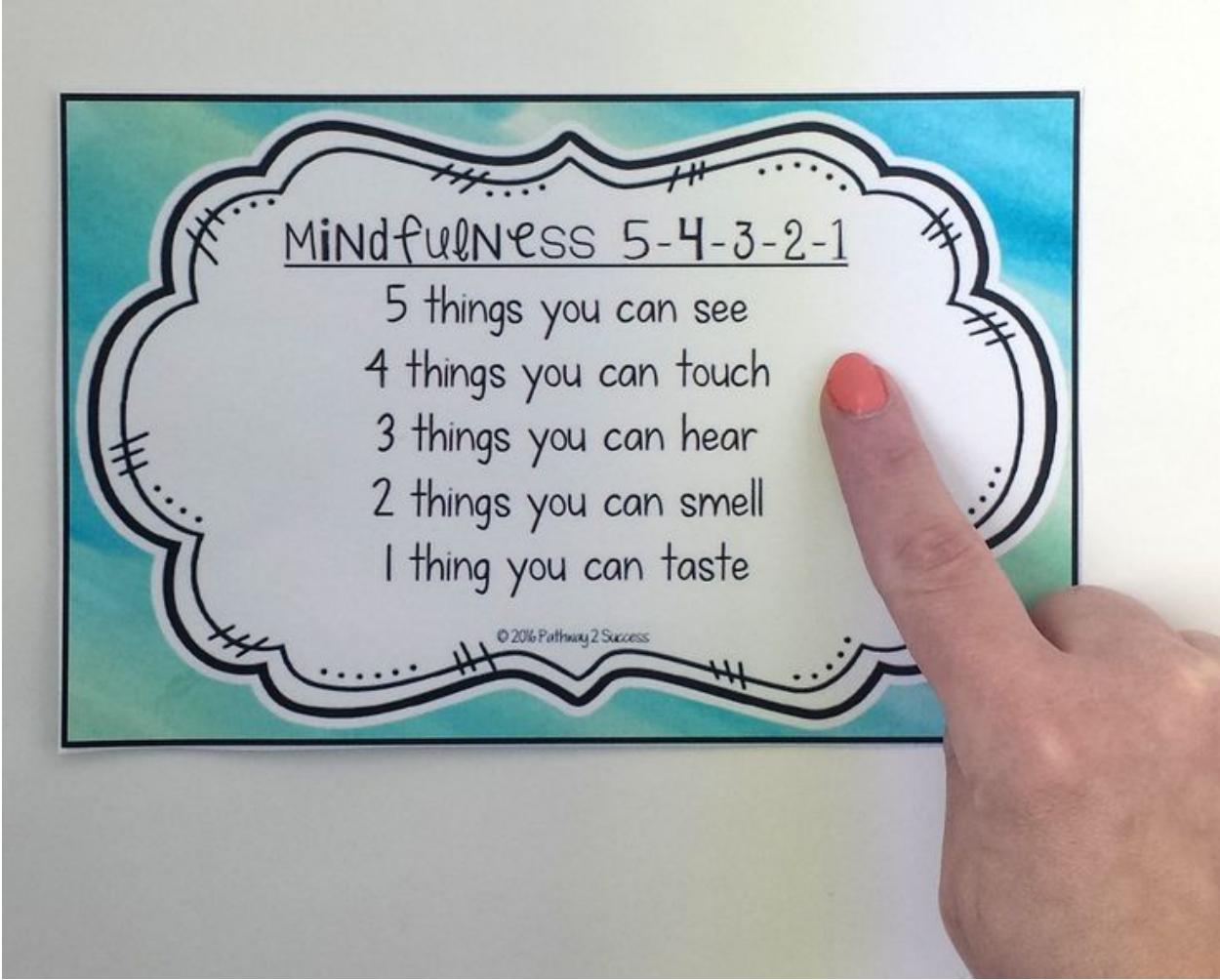


Day 11 – COMPLETE THE FOLLOWING



Mindfulness 5-4-3-2-1

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

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Day 12, 13, 14 PICK 2 EACH DAY (EXCEPT DRIVING OR GOING OUT WITH A FRIEND)

Me Time

Ideas for things to do when you need a little time to yourself.

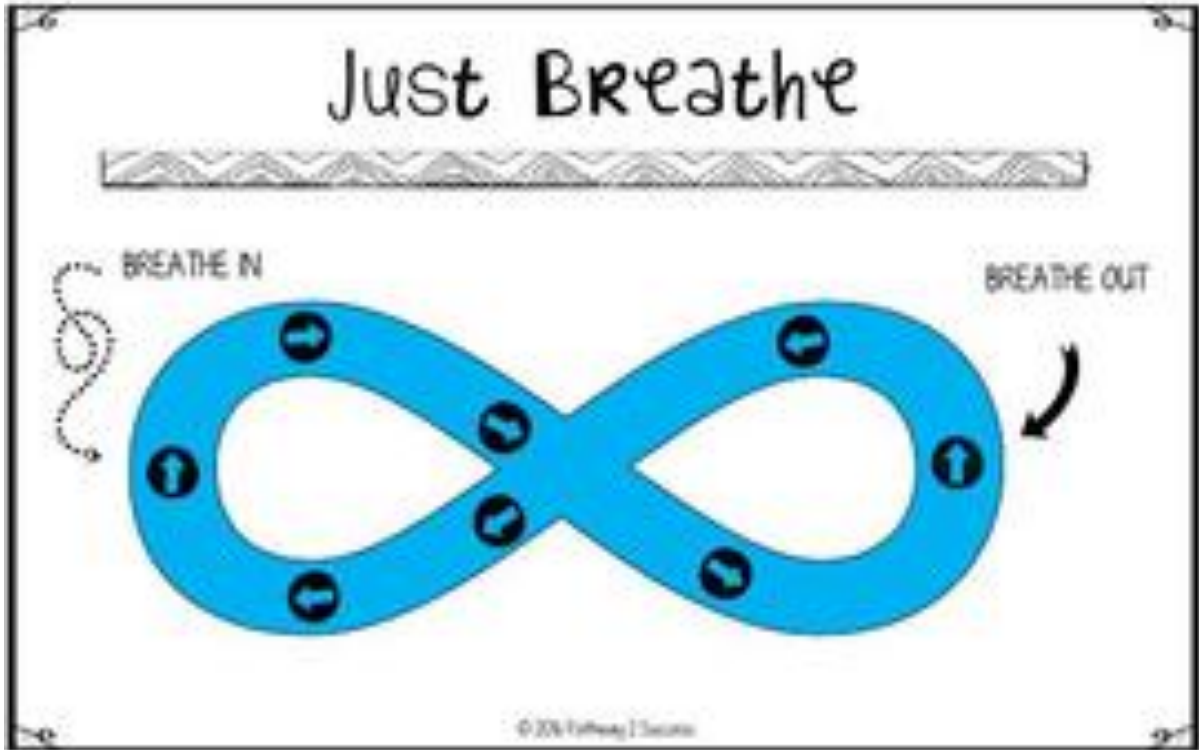


- Yoga
- Listen to your favorite music
- Meditate
- Take a relaxing shower or bath
- Read a book
- Write in a journal
- Color in a color book
- Draw a mandala
- Breathing practice
- Watch a movie
- Have a cup of tea
- Go out with a friend
- Step away from technology
- Work on a hobby
- Take a nap
- Paint your nails
- Shoot hoops
- Take a walk
- Go window shopping
- Get a massage
- Paint a picture
- Go for a drive
- Create a wellness routine
- Do some gardening
- Enjoy your favorite dessert
- Flip through a magazine

Do what you love

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DAY 15 – FOLLOW THIS BREATHING PATTERN. If you don't have the paper printed trace the number in the air with your finger while breathing.



Day 16 – Pick an emotion you felt today and complete the clouds below.

Name: _____

2. When I felt _____, these thoughts raced through my head:

autismteachingstrategies.com

Day 17 – COMPLETE THE FOLLOWING THROUGHOUT YOUR HOME OR IN YOUR YARD (THAT’S A TRICKY ONE)

List the items you found next to each of the colors:

Red

White

Dark
Blue

Brown

Black

Purple

Gray

Yellow

Light
Blue

Orange

Green

Pink

Day 18 – PICK ONE FROM EACH CATEGORY AND FIND ONE IN YOUR HOME OR IN A MAGAZINE

Mindfulness Scavenger Hunt

SPIN Paperclip,
Find Match or Draw

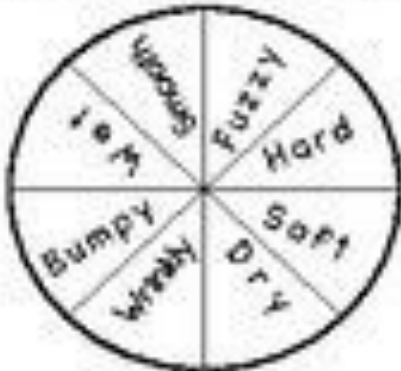
S E E



H E A R



F E E L



Day 19 – COMPLETE THE FOLLOWING WHILE FOCUSING ON HOW YOUR BODY FEELS AND CONTROLLING YOUR BREATHING

Warrior Pose



1. Stand up tall with both feet hip width distance apart.
2. Step your feet apart wide and bend your right knee.
3. Spread your arms out to the right and left.
4. Turn your right foot out 90 degrees.
5. Pivot your hips to the right.
6. Look directly over your right hand.
7. Hold the posture and then repeat with the opposite side.

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Stretching Pose



1. On the ground, sit up straight.
2. Place both feet outward in front of you.
3. Lock your knees and contract your leg muscles.
4. Lift your hands up over your head and then reach forward to touch your toes.
5. Reach as far as you can to feel a light stretching sensation but no pain.

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Day 20 – COME UP WITH YOUR OWN MINDFUL ACTIVITY AND EXPLAIN IT.