



MINDFULNESS ACTIVITIES

Doing something “mindfully” means slowing down and paying closer attention to each moment. We might notice new thoughts, emotions and sensations while practicing mindfulness. Through practice, we can get better at focusing our mind and noticing what is happening both on the inside and the outside. This worksheet provides activities on mindful eating and mindful stretching and massage.

MINDFUL EATING PRACTICE



1 Put the snack close to your mouth, but don't eat it yet. Just look at it. Feel its texture. Smell it. Listen to it.



2 Take a small bite of the snack. Don't swallow it right away. How does it feel? Taste? Sound?

Describe the feeling: _____

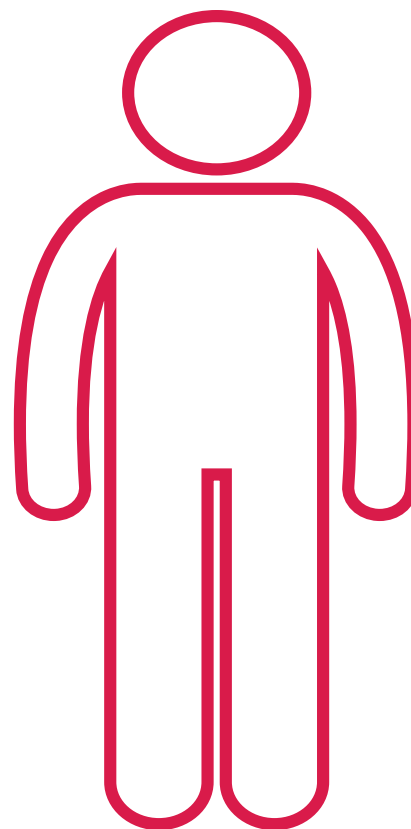
Describe the taste: _____

Describe the sound: _____

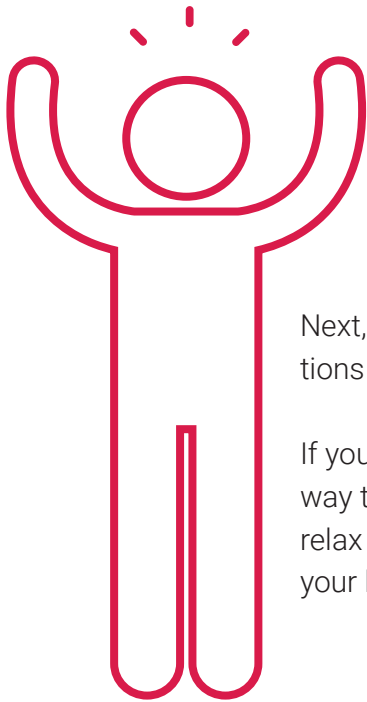


4 Continue to eat the snack as slowly as you can. What do you notice? If you notice your mind wandering and focusing on other things, bring your attention back to eating and experiencing your snack. How did eating mindfully change your experience of eating your snack?

3 Did you notice any pleasant or neutral sensations in your body? Write the sensations on the body where you felt them.



MINDFUL STRETCHING AND MASSAGE



Take a moment to scan your body to notice any areas of tension. Choose an area of tension you want to stretch or massage, but don't do it yet. Just imagine stretching or massaging that area. What sensations do you notice in your body?

Next, very slowly begin to stretch or gently massage a part of your body. What sensations do you notice now? Write the sensations on the body where you felt them.

If you notice unpleasant sensations, try moving differently. You may sit or stand in any way that feels comfortable. You can hold the stretch in one position, or gently tense and relax your muscles. You can use hard or gentle pressure. You can choose a new part of your body to stretch or massage.

What pleasant or neutral sensations did you notice in your body? Write about them.



If you notice your mind wandering and focusing on other things, bring your attention back to your stretching and massaging and your body sensations.



When you feel ready to finish this activity, you might like to rest your hand gently on the part of your body that you stretched or massaged and think, "may I feel safe, happy, and well."



TODAYS CHALLENGE

THINK OF ANOTHER ACTIVITY THAT YOU CAN PRACTICE MINDFULLY. YOU MIGHT TRY MINDFUL WALKING, COLORING, WRITING, OR LISTENING. NOTICE THE SENSATIONS IN YOUR BODY WHILE YOU PRACTICE. SHARE YOUR EXPERIENCE WITH SOMEONE.