

## MINDFUL LISTENING

Sitting comfortably, closing your eyes, pay attention to the sounds that surround you. Notice what you hear. Voices? Machines? A phone ringing? Birds singing? Zooming your attention to the sound of your breathing, just listen for a while.



## 5 FINGER BREATHING

Slowly trace your left hand with your right finger, starting where your hand and wrist meet. As you trace each finger breathe in as your finger climbs up and breathe out as your finger slides down. Then switch hands.



## BALLOON BREATHING

Imagine your belly is like a balloon. Breathing in, notice how the balloon gets bigger as it inflates. Breathing out, notice how the balloon gets smaller as it deflates.



## WAVE BREATHING

Covering your ears with your hands, take long and slow in-breaths and out-breaths as you imagine waves rolling back and forth towards the shore. Listen to the sound your slow breathing makes.



## THE GIFT FROM ANGER

Noticing the felt sensations of anger, take a moment to just witness how your body feels. Breathing-in, breathing-out, where do you feel the anger? What color is it?

Temperature? Shape? Texture? Now imagine that anger is your good friend. What is it telling you you need?



## NATURE GRATITUDE

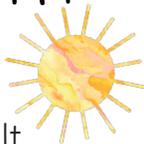
Quietly, to yourself, name three things in nature for which you are grateful. As you recall these things, send them a thank you. For example:

Thank you, trees.  
Thank you, rain.  
Thank you, ladybugs.



## JOYFUL MEMORY

Closing your eyes, remember a time when you felt filled with joy. Where were you? Who were you with? What sounds, tastes, colors, and smells do you remember? What sensations did your body feel?



## BODY SCAN

Sitting or laying down comfortably, with eyes closed, zoom your attention to your feet and toes. Notice how they feel. Zooming up, focus on your legs. Now move your attention to your belly. Your chest. And back. How do these parts feel? Now zoom to your shoulders, then arms, hands, and fingers. Move up to your head, paying attention to how you feel.



## LIKE THE MOUNTAIN

Stand tall, feet forward with legs hip-width apart. Straighten your arms alongside your body. Imagine you are a mountain, strong & stable.



## FLOWER BREATHING



With eyes closed, imagine smelling a beautiful flower. Breathing in slowly, fill your body with freshness. Breathing out slowly, notice how your body feels.

## OBJECT BREATHING

Laying down on your back, place a small object (like a book, stuffed animal, or pebble) on your belly. As you breathe in and out slowly and deeply, observe the object rise and fall.



## ROOM AWARENESS

Walking around slowly, in silence, look around the room and try to find at least three things you have never noticed before.



## OBJECT AWARENESS

Placing a small object in your hand, like a pencil, stone, or eraser, close your eyes and really notice how it feels to your touch. Focus on how heavy or light it is, on its texture, shape, and temperature. Spend a few moments placing your full attention on this experience.



## BUTTERFLY HUG

Crossing your arms in front of you, hold the left shoulder with your right hand and your right shoulder with your left hand.

Breathe in and out for 5 slow breaths. Now pretend that your hands are butterfly wings, and gently flap them against your shoulders for a minute

or so, noticing how you feel.



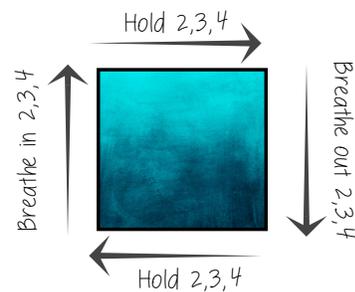
## CLOUD THOUGHTS

Sitting or laying down, in silence, notice all the thoughts that are passing through your mind.

Pay attention to those thoughts, without judgment. Imagine the thoughts are like clouds passing through the blue sky.

## SQUARE BREATHING

Drawing a pretend square in the air with your finger or tracing a square printed on paper, follow the guide below.



## BALLOON RIDE

Imagine you are traveling in a hot air balloon, slowly floating over your favorite place outdoors. Maybe over the mountains, lake, beach, or park. What do you see down below?



## LIKE A TREE

Standing on one leg, rest the other foot on the standing leg, below or above the knee. Imagine that your standing leg is a tree trunk rooted into the ground. Try extending your arms like tree branches.

Switch legs now.



## 4 DIRECTIONS

Close your eyes for a moment. Now as you open them look below you. What do you see? Turn your head to the left and notice what is there. Now look to your right, what do you see? Turn your head up.

What do you see above you? Looking in these 4 directions, what did you notice that you had not seen before?



## ROCKS & SOCKS

Making a fist, direct all your energy into squeezing your hand with such intensity it is as if your strength can transform your fist into a solid, indestructible rock. Now release your fist, letting go of all that tension, as if your hand has turned into a floppy, dangling sock.



## TASTE AWARENESS

Zooming your attention onto your mouth, what do you taste in your mouth right now? Traces of the last food you ate? Minty toothpaste? Even if it seems like nothing, what does nothing taste like?



## SMELLING THE AIR

Breathe in slowly through your nose and smell the air around you. Notice what you smell. What does it remind you of? Now zoom your attention onto the sensations of the air moving in and out of your nose.



## BUZZING BEE

Taking a few natural breaths, close your eyes & your mouth. As you breathe in, inhale through your nose, keeping your lips lightly sealed. As you exhale, hum the sound of the letter M, noticing how the vibrations feel in your mouth. Continue the sound until you feel the need to inhale. Repeat the buzzing bee breathe, inhaling through the nose, then exhaling the hum of a buzzing bee.



## VISITING EMOTIONS

Taking slow, deep breaths, notice any emotions your body is experiencing right now. Where do you feel it? If it had a color, what color would it be? What about shape? Size? Texture? Imagine that the emotion is a guest just visiting you for a bit. Imagine that it has a story or message to share with you. What might it be saying to you? Just take a moment to sit with that emotion, knowing that when it is ready to pass through, it will be on its way.



## TOUCH AWARENESS

Zooming your focus on your skin and sense of touch, notice what your body is in contact with and how that feels. Can you feel the clothes that you are wearing? What about the air that surrounds you or the ground beneath your feet? Scanning your body from your toes, legs, torso, arms, hands and head, notice any differences you experience.



## DANDELION BREATH

With your hand in front of you, imagine holding a delicate, fluffy dandelion. Breathing in, fill your belly with air. Breathing out, pretend you are slowly blowing the dandelion as the seeds fall, floating away into the sky.



## COLOR SEARCH

Thinking about your favorite color, quietly look around this space and see if you can find that color. In silence, search for it near you, above you, below you, behind you, to your left, to your right or even on you. Notice how you feel finding it. Notice how you feel not finding it.



## RABBIT BREATH

Like a bunny, breathing in through the nose, take three quick short sniffs in a row. Breathing out, slowly exhale through the mouth. Repeat, paying attention to how your body feels.



## COUNTING to 10

Breathing in and breathing out, say to yourself, "Breathing in one," and "Breathing out one."

Then "Breathing in two," and "Breathing out two." Continue this until you get to 10.

Or more.

1 → 10

## THE SLOW SNAIL

For the next minute or two, pretend that you are like a snail, slowing down every movement you make. How would you walk if you moved like a snail? How would your head move? What about your arms, fingers, toes, legs, and torso? Paying attention to each body part, notice each felt sensation in your body as you move like a snail.



## EATING MINDFULLY

Placing food in your mouth, just let it sit there on your tongue without biting down for a moment or two. Pay attention to its texture, its temperature, its weight inside your mouth. Now chewing deliberately and slowly, really taste the food. Is it sweet or salty? Dry or juicy? What do you notice?



## STRENGTH THOUGHTS

For the next few moments, think to yourself and/or write down, at least three of your strengths. What do you enjoy doing? When do you feel most proud of yourself? What about times that you have been brave? Now just notice how you feel when you think positively about yourself.



## MINDFUL WALKING

Standing up quietly, begin walking slowly, paying attention to how walking feels in your body. Notice your feet as they lift up and step back down, feeling the ground beneath you. Experience the air that surrounds you. Pay attention to the other sensations in your body, such as your legs, arms, and hands, as you walk mindfully.



## SILENCE



For the next minute or two, sit in silence, without doing anything, without saying anything, without any purpose except to just be here right now in this moment. Notice any thoughts that appear, and let them just pass through. Paying attention to the experience of doing nothing, notice how you feel without judgement or labels.

## HEART THOUGHT

Closing your eyes, in silence, send a kind thought to yourself. Notice how your heart feels when you talk to yourself with compassion. Now send a kind thought to someone else and pay attention to how your heart feels doing this, too.



## LISTENING to BREATH

In silence, zooming your attention onto your ears, what do you hear right now? Notice the noises and sounds that surround you. See if you can focus listening to just your breath. Can you hear your in-breath and out-breath? What do you notice about your breathing? Is it fast or slow? Deep or shallow? Quiet or loud?



## OPPOSITE SCAVENGER HUNT

In silence, look around the space you find yourself in and try to find opposite pairs. Perhaps you can discover something that is old and something that is new, something light and something heavy, something bright and something dark, something energized and something calm, something common and something unique, something quiet and something loud.



## LAUGHING



Gently smile for a moment or two. Broadening your smile, start laughing even if you have to fake it. Now imagine you are a hyena, how would you laugh? What about a snorting laugh? Now, a shy laugh. Try your silliest laugh. After a few minutes of laughing, smile softly again. Close your eyes, breathing in, breathing out, just notice how you feel.

## ELEPHANT KINDNESS

Standing up with your feet hips width apart, interlace your fingers with your two hands and hang your arms in front of you as if it was an elephant trunk. Breathing in through your nose, raise your arms, or "elephant trunk," above your head. Breathing out through your mouth, swing your arms down towards the ground. Repeat this four times. Each time you raise your hands above your head, imagine you are showering yourself with kindness.



## NATURE'S WONDERS

When you are outside, notice something in nature that you experience with curious wonderment. Perhaps it is a stone, the sky, a tree, a bird, another person, or a cloud. Write down what it is about this part of nature that you appreciate. For example, if it is a tree you could write, "I appreciate this tree because it is strong, beautiful, and gives me fresh air to breathe."



## FLYING

Sitting or standing, breathe in as you stretch your arms out to the sides and up above your head like a bird opening up their wings. Breathing out, bring your hands, your wings, back down by your side. As you repeat this several times, imagine yourself flying above a place on this earth that is peaceful to you. Close your eyes and visualize what you might see below you.

## SNAKE BREATH

Breathe in. Now breathing out, hiss like a snake, making the sound, Hsssss for as long as you can. Breathe in. This time as you hiss like a snake, focus on listening to the sound you are making. Breathe in. Next, zoom your attention onto the vibration between your teeth as you hiss. Breathe in. Breathing out with a hiss, notice any thoughts that pass through as you hiss like a snake.



## FIRE HANDS

Rub the palms of your hands together, back and forth, as quickly as you can. Notice the sensations in your hands and arm muscles, focusing on the heat this movement generates. Closing your eyes, in silence, place your hands gently on top of your head. Pay attention to the warm energy being shared from the palms of your hands to your head.



## HOT COCOA

Pretend you are holding a cup of hot cocoa in your hands. Bringing the cup near your face, take a slow breath in, imagining that you are smelling the yummy, comforting chocolate aroma. Now slowly, with gentleness, breathe out, as you pretend to cool down the hot cocoa.



## RAIN TAPPING

Curling your fingers slightly, gently and quickly tap the top of your head using both hands, as you imagine refreshing rain drops falling down on you. Now move your fingers to the back of your head for a moment, and then make your way towards your temples and ears, noticing the sensations you feel.

## BLOWING BUBBLES

Pretend you are holding a bubble wand in your hand. Taking a deep breath in, hold it for a moment before you slowly breathe out, visualizing lots of shimmering bubbles floating into the sky. If there is something you are worried about, try imagining the bubbles carrying the worries away.



## MAKE A WISH

Like making a wish as you blow out the candles on your birthday cake, take a deep breath in and slowly blow out, sending a kind wish for yourself. Blowing out the candles again, this time send a kind wish to someone you care about. And now this time, as you slowly breathe out for as long as you can, send a kind wish to the world.

## LIKE A TURTLE

Silently and in slow motion, imagine you are a turtle. Notice how your body feels as you pretend to move like a turtle. Now silently and in slow motion, turn into a wolf, moving your way through this space as a wolf. Now try moving in silence and in slow motion as a monkey. And now as a hawk. All the while, noticing how your body feels.

