

Mindfulness Activity
Card

Place your hand on your belly.
Take 10 deep breaths and
notice your hand moving up
and down as you breathe.

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Sit very still and notice one
thing that you can see, hear,
feel, taste and smell.

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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.

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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.

Mindfulness Activity
Card

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?

Mindfulness Activity
Card

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.