

MINDFULNESS ACTIVITY CARD

Place your hand on your belly. Take 10 breathes and notice your hand moving up and down as you breath

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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 1 minute thinking about the happiest day of your life. Try to remember as much about the day as you can.

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Close your eyes and spend 1 minute thinking about how you're feeling. Happy? Sad? Mad? Scared? Excited? Something else? Think about how you know you are feeling this way

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Sit quietly and place a small object in your hand. Notice how heavy the object is. Think about the way it feels in your hand. Notice one new thing about this object

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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?

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Walk through the rooms in your home. What do you see? How does each object make you feel on the inside? What do you smell and hear? Focus on the way you're feeling as you experience each of these things

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Sit down with a journal in a comfortable place. Without giving much thought to what has happened during the day, begin to write about how you're feeling right now. How does that feeling affect you? What is your plan for feeling like your best self?