



Name.....

MINDFULNESS

Affirmation of the week, **"I am here, I am present, right now."**

Say 10x each morning. Say with feeling.



What is mindfulness?

Mindfulness is the practice of being in the "now". Being aware of your thoughts, bodily sensations and feelings. Acknowledging them without judgment and relaxing into the now.

In addition to a mindfulness of our own body, we can bring our attention to the present of what is happening around us. We get lost in our thoughts and emotions and often miss the beauty and tranquillity that is happening and surrounding us right now.

Sometimes we think a lot about what happened in the past, and we think a lot about what is going to happen in the future.

Thinking about the past can make us feel lots of happy feelings and it also gives us very important opportunities to learn from. Even painful emotions have a useful purpose.



-**Guilt** helps us to remind us when we are not being true to who we really are.

When we are not acting in the way we know we are inside.

-**Sadness** can help us realise what is important to us, and can help us reconnect to others around us by calling out for help.





-**Anger/resentment** can help remind us of what we are passionate about.

Thinking about the future is important to help us plan for what may happen. It can make us feel excited and grateful. And again even the painful emotions can be useful.



-**Fear** can help to warn us that there may be danger, it can help to keep us safe.

-**Worry** helps us to plan and prepare ourselves for things that might happen.



-**Impatience/boredom** can make us realise that we are under stimulated with what is happening now. It is a great nudge from life to help you see there is an opportunity to fill that time with something nourishing, fun or creative. It reminds you that you may not be following your passions at that moment.

And while all of these emotions and feelings are important and useful, there is a happy balance.

And sometimes the balance slips.

We sometimes think too much about things that have happened and things that will happen.

Sometimes we think so much that it is no longer helping us learn or grow or plan. All it's doing is taking away our happiness. We are losing the beauty of what is happening right now.

And this is where mindfulness can really help

I like to think of our minds as like the sky.

I think of thoughts and emotions as like clouds.

And our happiness, contentment and love as the Sun.

Some clouds are white and wispy and the sun shines on amongst them.

While others are thick, dark and heavy.



These clouds make it very hard to see the light.

The clouds of thought float through the sky, often passing in front of the sun and in front of our happiness. They block our view of the love we have of life and the love we have for ourselves.

Like the sky, some days there aren't many clouds. Our minds feel fresh and clear and the love flows freely.

But other days there are lots of dark clouds. Which lay thick across the sky, blocking the sun and casting a huge shadow down on us.

The thing about clouds, is that even though they may get thick and spread across the sky, blocking out the sun completely, the sun is always there.

Shinning on.

This is just like life. Life loves us even when we can't see it.

Just like the love of life and our love for it.

And just like the clouds these thoughts are temporary.

They form, they float up into view and then they float away.

Just like thoughts.

Thoughts rise up and they leave. They aren't permanent. And just because we have a thought doesn't mean we need to act on it.

We can be aware of the thought and know it will pass.

Because just like the clouds, the thoughts and the emotions too will pass.

Act out: *Mind clouds*



Now we are going to think about all the different ways we can practice being mindful.

MINDFUL WALKING

Most of us walk every single day, without even thinking about it.

So for this exercise I'd like you to think about it!

This is all about bringing your attention to your body and noticing the tiny little movements and sensations that happen but that you usually don't notice.



Draw a picture of yourself walking and show which parts of your body you can feel working.

Feel free to write down some feelings and sensations about your body and the world around you that you noticed during this exercise.

What muscles are working in your legs as you walk?

Are any other muscles working as you walk?

What part of your foot touches the floor first?

what does it feel like when the front part of your foot touches the floor?

What do your toes do when you put pressure on them?

What is the ground like? Soft? Rocky? Flat? Hard?

What do your feet feel like in your shoes?

How does your body feel when you walk?

Are your shoulders forward or back?

What does your head do when you walk?

How do your clothes feel on your body as you walk?

What do your arms and hands do when you walk?

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MINDFUL OBSERVATION

This is an exercise where we take an object and we really focus our attention on to it.

It is often more peaceful to choose an object from nature like a pebble or a leaf.



Look at it like it's the first time you've ever seen it. Look really closely.

Notice its shape, its feel, and all the tiny details it has.

Is there anything you've noticed now, that you've never noticed before? Think about its place in this world.

How did that object come to be? How was it made?

What is its use in the world?

Does it look and feel the same from each angle?

Does it have a smell?

In the space below feel free to draw and write about what you notice.



A lovely adaption of mindful observation of an object is to mindfully observe someone you love.

So you can do this with your parents, siblings, friends or an animal friend.

And like you would have looked at an object, really study the person. Notice every little detail.

Their hair, their skin,

Notice any little freckles, the outline of their eyes. The colours and shapes.

See their body rising and falling as they breathe.

Take your time to look closely at them. To take in their smell.

See how beautiful and special they are.

How amazing it is that they actually exist.

Write and draw anything you wish to share in the box



Another adaption is to go out for a walk and stop and stand in one place. Mindfully observe all that is happening in that moment around you.

Are there birds in the trees or flying in the sky?

Are there any clouds today? Any wind? Any sunshine?

Is there anyone around? What are they doing?

What can you hear?

Any smells around?

Any writing anywhere? What does it say?

Just really look at everything, like you've never looked before.

Write and draw anything you wish to share in this box.

MINDFUL LISTENING

We live in a world where there is lots of stimulation for our eyes.

Lots of bright lights and screens.

Our eyes take in so much information all the time.

So this exercise, and the following exercises which give our eyes a rest, can be very helpful at finding peace.

And when we do rest our eyes you may notice how your other senses become stronger.

For mindful listening I'd like you to listen to one of your favourite songs.

Sit or lay down comfortably and close your eyes.


Really listen carefully to the song.

Can you hear any instruments?

Any patterns in the sound the instruments are playing?

What is the singers voice like? Soft? Raspy? Bouncy? Deep?

What is the singer saying? Are there any words in the song that you

Another type of mindful listening is to just simply close your eyes and listen to all the sounds around you. 

This can be done out in nature for a lovely relaxing experience, or it can be done absolutely anywhere!

Just sit or lay down comfortably, close your eyes and spend a few to 5 minutes listening.

Pay close attention to all you can hear.

What can you hear? Birds? Cars? People talking?

How many birds do you think there are?

Where do you think the sounds are coming from?

Write or draw in the box anything you wish to share.

MINDFUL TOUCH

This is another lovely chance to rest those eyes and get in touch with your other senses.

For this exercise chose an object.

Hold it in your hands and close your eyes.

I'd like you to spend a few minutes tracing your hands over the object. Feel all the little grooves. All the lumps and bumps.

Think about what you can feel.

Is the object hard? Soft? Bumpy? Smooth?

What material is it made of? Rubber? Wood? Plastic? Metal?

Is it warm or cold to touch?

Write or draw anything you wish to share in the box



MINDFUL EATING

This is a great way to appreciate the gift of food as well as practicing being in the now.

To do mindful eating we take 5 minutes to sit down with our meal before we eat it.

This is great to do all together as a family at a meal time.

So sit comfortably and, like you did in the mindful observation, really look at the food in front of you.

Firstly take in everything you see.

What does the food look like? What colours can you see?

What is touching what?

Look at the shapes you can see. Look at the different textures.

Think about how amazing it is that we have this thing called food, which we put into our bodies and it gives us energy, to grow to play to live. Think how lucky you are to have this delicious food and someone who loves you to make it.

Now take a sniff.

What can you smell?

What flavours are there in the food that you can smell?

Now take a bite, slowly, with your eyes closed if you'd like.

What can you taste?

What flavours can you taste?

What textures can you feel?

In the box below, feel free to write and draw anything you wish to

share about this experience.

What I see....

What I smell...

What I taste...

THE BODY SCAN

This is a lovely exercise which gets you in touch with yourself again.

Lay down on your back and relax your body so you're comfortable.

Take a few relaxing deep breaths.

And what we're going to do is bring your awareness (some feeling) to each of your body parts starting at your toes and working up all through the body to the top of your head.

So now think to your toes. Really think about them. Bring all your attention all the way down into your toes. If your toes feel stiff then relax them. If you wish to touch your toes as you do this then go for it! Focus your mind and thoughts on them and feel them filling up with that happy tingly feeling.

After you've gone all the way up the body, all the way to the tips of your fingers, all around your face and up to the top of your head, scan through your body once more in your mind. Notice how your body feels.

Is there any part of your body not relaxed yet?

Which parts of your body are touching the floor?

Can you feel anything happening inside your body? Your heart beat?

Your tummy gurgling? Your lungs filling up with air and your chest rising as you breathe? Your lungs letting air out and your chest softening back down as you breathe out...



Feel free to write or draw in the box anything you noticed during this exercise that you'd like to share.

Hope you have
a lovely week!

