

5 senses activity: This particular mindfulness activity helps to slowly focus from more things to a final point of just focusing on just one thing. We will use our senses to help us slow down and be more at peace. The goal is to focus on each step as we do it. You will be identifying things in your environment. We do this by using our natural senses to slowly refocus on ourselves. We will identify things that fit the sense with a little detail, this helps us to focus on that object for a few seconds. The goal is not to just simply state the door, window, etc but to describe it so someone else could envision it - ie brown wooden door with a silver handle, a glass window with a cream casing, and a blue curtain.. After each sense is completed take a deep breath in through your nose and out through your mouth. So now I am going to prompt you through this activity, I will pause after each stage to let you complete the sense and take a deep breath -

- a. 5 things you see
- b. 4 things you can touch/feel
- c. 3 things you hear
- d. 2 things you smell
- e. 1 thing you taste - Deep breath

Finger palm breathing: try to concentrate just on the activity you are doing, noticing sensations associated with the activity, feeling breathing, etc, don't judge other thoughts that might pop into your head, but gently refocus on the activity you are completing. Lift one hand palm up in front of you (it does not matter which hand). Take your other hand and with your index finger extended as a pointer, start at the base of your thumb and slowly slide your finger up your thumb, as you are going up the finger, breath in, at the top of your finger continue down to the base of the next finger and exhale, continue this through out of your hands focusing on the breathing and that sensations of moving your finger along your hand. Once you've traced down your pinky to the base of your palm you can make the same motion and breathing working your way back up and down your fingers to your thumb.

Finger Palm mindfulness: Take the opposite palm you used for the first exercise and hold it palm up, again take your other hand's index finger and make it a pointer. Place the pointer anywhere on the palm of the other hand and simply start moving your finger around the palm. As you do this notice the sensations, the tickle, the tingle, and your breathing. Try to stop from focusing on anything else while you are doing this. I will now pause one minute to allow you to focus on this.

Category/name everything: Can be done with another person or two or alone. If done with another person our natural competitive side helps to engage yourself in mindfulness for longer. Simply pick a category (movie titles, restaurants, food, animals at zoo, or animals of any kind), if alone simply name as many as you can until you run out of ideas, with someone else go back and forth naming something that fits in that category, no repeating answers and the last person to name something is the "winner"

Cloud/river: This is a more advanced mindfulness activity, notice a thought and the feeling associated with that thought. Take that thought and feelings, place it on a log, as you do say

goodbye and send it floating down a river. Watch in your mind as it floats away allowing yourself to let go of these feelings and thoughts.

Yawn and Stretch: every hour during a day yawn and stretch for 10 seconds, holding the stretch and moving slightly, pay attention to the feeling in your body and your breathing.

One minute mindful exercises by Psych Central:

<https://psychcentral.com/blog/1-minute-mindfulness-exercises/>

22 mindful activities by Positive Psychology:

<https://positivepsychology.com/mindfulness-exercises-techniques-activities/>

There are many mindful meditations on youtube and a simple google search of the phrase “mindfulness activities” provides you with multiple reputable websites that have various other mindful activities. As you practice you will find that mindful activities are limitless.