

# Mindfulness Mat: Pick an activity and relax your brain

## Mindfulness Activity Card

Sit down and close your eyes. Pretend you are the teacher. What do you think he/she is thinking or feeling. How do you know?

## Mindfulness Activity Card

Lay on your back and place a light book or other small object on your belly. As you take ten deep breaths, watch the object move up and down.

## Mindfulness Activity Card

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

## Mindfulness Activity Card

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

## Mindfulness Activity Card

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.

## Mindfulness Activity Card

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.

## Mindfulness Activity Card

Close your eyes and try to remember everything you can about your bedroom. What color is it? Can you remember all of the furniture? Can you remember where everything is?

## Mindfulness Activity Card

Close your eyes and think about something that happened during the past week. Try to remember everything you can about what happened. Who was there? How did you feel?

## Mindfulness Activity Card

Close your eyes and pretend you are a flower growing tall. Take deep breaths as you grow taller, then feel yourself being blown in the wind.

## Mindfulness Activity Card

Take a big deep breath in and pretend you just breathed in a ball of light. Notice as the ball of light travels through your body all the way to your toes.