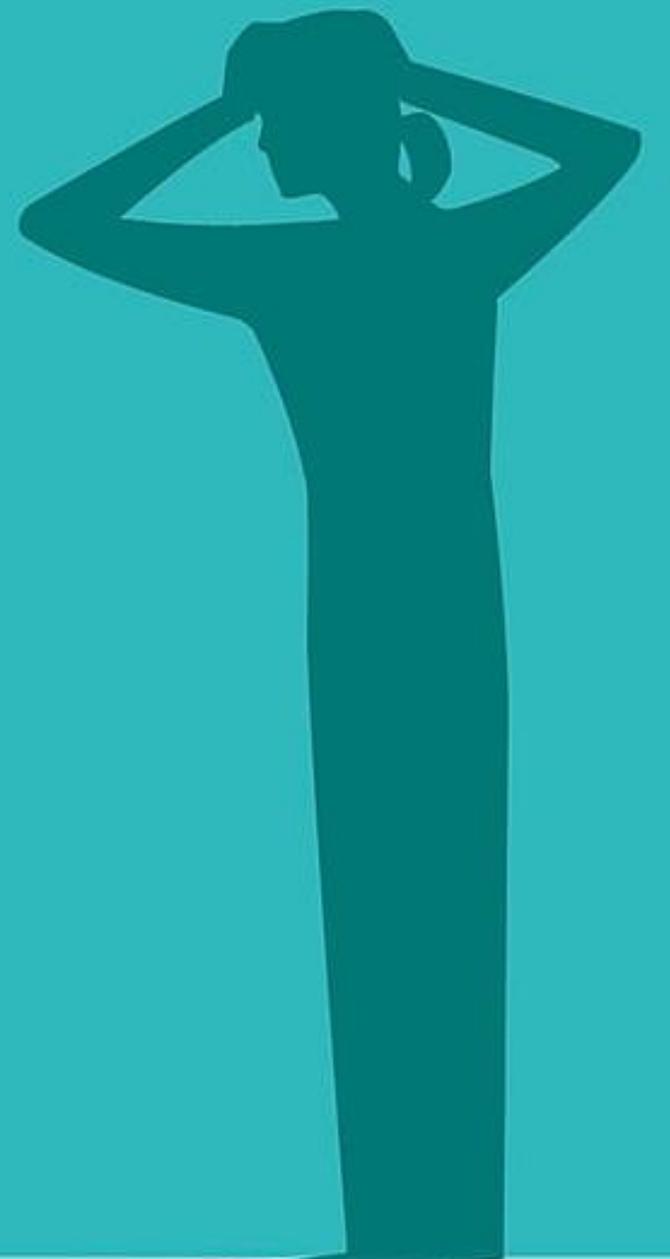




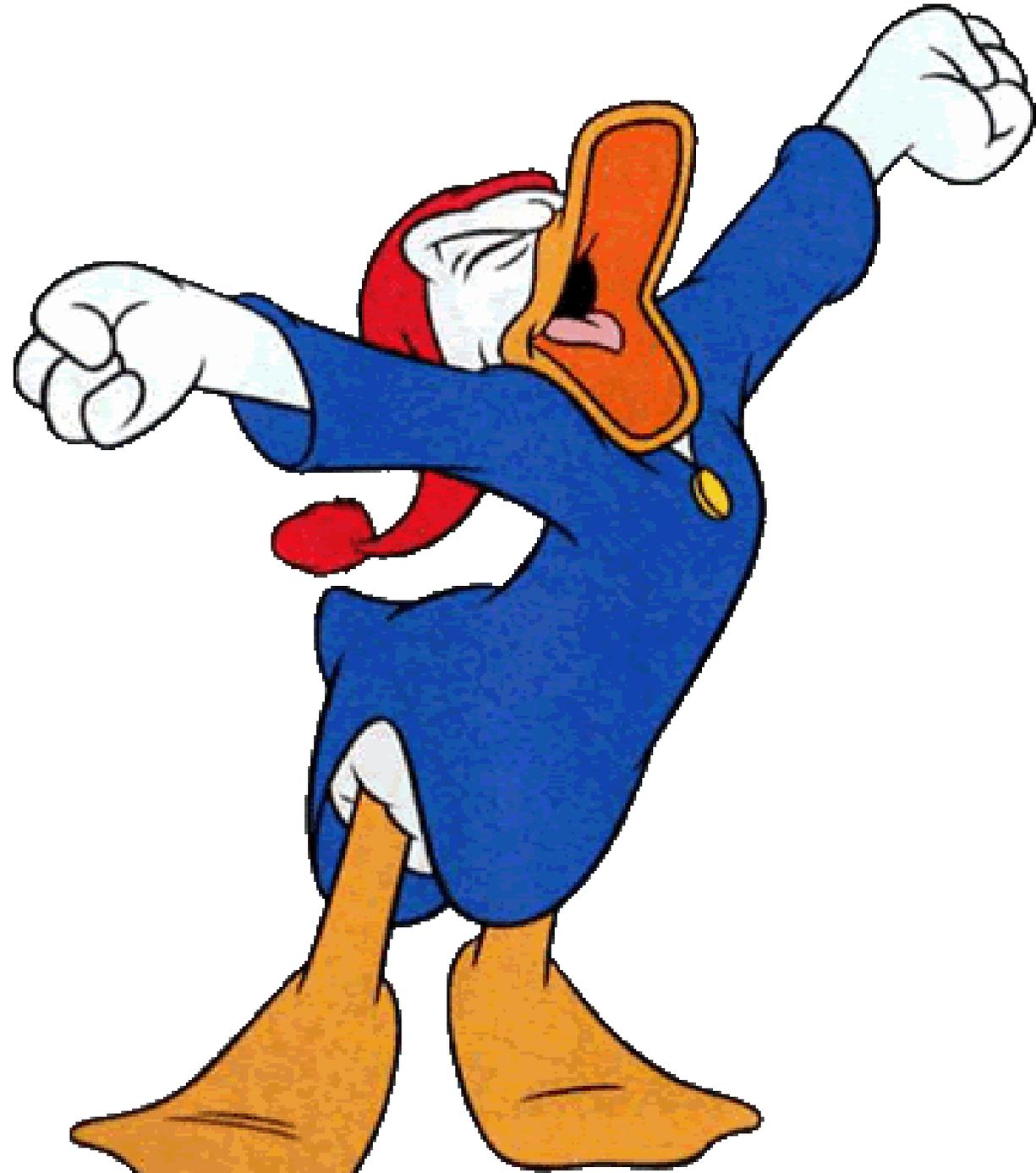
Mindfulness Exercises

Part 2



Yawn & Stretch

- Yawn and stretch for 10 seconds every hour.
- Do a fake yawn if you have to. That will trigger real ones. Say “ahh” as you exhale. Notice how a yawn interrupts your thoughts and feelings. This brings you into the present.
- Then stretch really, really slowly for at least 10 seconds. Notice any tightness and say “ease” or just say hello to that place (being mindful — noticing without judgment). Take another 20 seconds to notice and then get back to what you were doing.





Wiggle and Freeze (for kids)

- In this game you and your students (or friend), wiggle, bounce around, or dance until you say "Freeze!"
- Then everyone freezes and takes a moment to notice what they can feel in their body — perhaps movement, tingling, heat, shaking, buzzing, or something else.
- You can repeat it as many times as you'd like! It's a fun way to move around, and to start cultivating a greater awareness of bodily sensations, which is a core component of mindfulness practice.

STOP EXERCISE

Stand up and breathe. Feel your connection to the earth.

Tune in to your body. Lower your gaze. Scan your body and notice physical sensations or emotions. Discharge any unpleasant sensations, emotions or feelings on the out breath. Notice any pleasant ones and let them fill you up on the in breath.

Observe. Lift your eyes and take in your surroundings. Observe something in your environment that is pleasant and be grateful for it and its beauty.

Possibility. Ask yourself what is possible or what is new or what is a forward step.





the Name GAME

This exercise can be a powerful tool to curb spiraling thoughts and increase mindfulness.

First, look around you and name three things you can hear, then two things you can see, and finally one sensation that you feel.

By doing this, you are grounding yourself by increasing your awareness of your body and your environment

The Chime

- If you have a chime or a bell, ring it once and observe the moment you can't hear the sound anymore.
- Have each person raise their hand when they lose the sound. You might find that everyone's hearing is different.
- If you don't have chime, you can use another musical instrument. Or you can find a sound on the internet.

