

Mindfulness Activity  
Card

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

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

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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.

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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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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.